

TANG INA KA NGA SPEECH

1. True Self

“Be yourself.”

This picture shows a woman wearing a smiling mask while her real face looks sad. It reminds us that people sometimes hide their real feelings. We may smile in front of others even when we are hurting inside. We should remember that it is okay to show our true emotions and ask for help when we need it.

In the end, we do not always have to pretend that everything is okay. Being honest with ourselves is important.

2. Self-Image and Identity

“We are more than what we see.”

This picture shows a woman looking at herself in a mirror with different images around her. The picture can represent how people see themselves in different ways. Sometimes we focus too much on how we look or how others see us. But our identity is not only about appearance. It also includes our character, experiences, and values.

In the end We should learn to accept ourselves and remember that our worth is more than our appearance.

3. Heart or Mind?

“Think before you choose.”

This picture shows a person standing between two paths, one connected to the brain and the other to the heart.

This represents the choices we make between our emotions and our reason. Sometimes our heart tells us one thing while our mind tells us another. Both are important, but we should think carefully before making a decision. In the end, good decisions come from understanding both our feelings and the possible results.

4. Wisdom Between Generations

“Respect the wisdom of age.”

This picture shows an older woman and a young girl facing each other with their hands together.

The picture reminds us of the connection between generations. Older people have experiences and lessons that young people can learn from. At the same time, young people can bring new ideas and energy.

In the end Age may be different, but respect and understanding can connect people from different generations.

5. Fear and Loneliness

“You are not alone.”

This picture shows a person sitting alone in a dark place.

The darkness can represent fear, sadness, or loneliness. Sometimes people isolate themselves when they are facing problems. During these moments, support from family, friends, or even a simple conversation can help. In the end We should remember that difficult moments do not last forever, and asking for help is not a weakness.

6. Speech: “Don’t Quit”

“Success is not final, and failure is not the end.”

Good day everyone. This picture reminds us of one simple lesson: never give up.

In the picture, we can see two people digging through a hard wall. The first person stops when he is already close to the other side. But the second person keeps digging, even though he is also tired. This shows that success may be closer than we think.

Sometimes, we stop because we feel tired or discouraged. But if we continue, we may reach our goal.

So, when life becomes difficult, remember: “Don’t quit when you are tired. Quit when you have finished.” Keep trying, keep believing, and never give up on your dreams. Thank you.

7. Speech: Think Before You Speak

“Think before you speak.”

Good day everyone. Look at this picture. This picture reminds me of the meme with a lion yelling at a monkey. We can see a man with nothing on his head shouting while the man

with books on his head stays quiet. This shows us that being loud does not always mean being right or intelligent. The man with a blank head represents people who speak without thinking. They may be angry and say many words, but their words may have no meaning. On the other hand, the man with books on his head stays silent because he knows that not every word needs an answer. Sometimes, silence is a sign of wisdom. Intelligent people know when to speak, what to say, and when to stay quiet. Before we speak, we should think about our words because once they are spoken, we cannot take them back. So, let us not be like the blank headed man who speaks without thinking. Let us be like the smart man calm, thoughtful, and wise. Remember, you do not need to be the loudest person to be the smartest person.

8. Self-Reflection

“Do not judge a book by its cover.” This picture shows us that appearances can be different from reality.

Something may look perfect outside but have problems inside. The same is true for people. We should not judge someone only by their appearance because we do not know their whole story.

Therefore, we should look beyond what we see and take time to understand people and situations.

9. Failure as a Step

“Failure is not the end.”

This picture shows a person climbing stairs where every step says “FAIL.”

The picture shows that failure can become part of our journey. Every mistake can teach us something and bring us closer to our goal. The important thing is to continue trying. In the end Failure should not stop us. Sometimes, every failure is simply another step toward success.

10. “A good leader helps the weak become strong.” Good day, everyone. The picture shows a rich man taking resources from a poor man. It reminds us that having more money does not give us the right to take from others. The poor man needs these resources to live, while the rich man already has enough. Instead of taking more, we should share what we have and help those who are in need. True wealth is not just about money. It is also about kindness, fairness, and helping others. Let us remember: “Take less, give more, and help others rise.”

11. “Where there is a will, there is a way.”

The picture shows two men facing different struggles. One man has no feet and is begging for money. The other man has no arms, but he is working hard. Their situation reminds us that life may be difficult, but we should not easily give up.

The man without arms shows that we can still work despite our problems. Meanwhile, the man without feet shows us that sometimes, we may feel helpless and need support. Their situation teaches us that our struggles do not have to stop us from trying.

“Success comes to those who keep trying.” We may have weaknesses, but we also have strength. Instead of focusing on what we cannot do, let us focus on what we can do.

Thank you.

12. Conflict and Children

“Peace protects the future.”

This picture shows two crossed swords with a broken heart and a child standing below them.

The swords represent conflict and violence, while the broken heart represents the pain caused by conflict. Children are often affected by problems they did not create.

In the end We should choose peace whenever possible because children deserve to grow up in a safe environment.

13. “A parent’s love is the greatest gift a child can have.”

The picture shows a father giving his son a small shirt made from his own shirt. Beside him, a mother gives her daughter a shirt made from her own dress. They may not have much, but they are willing to give what they have for their children.

This teaches us that love is not about money or expensive things. The parents are willing to sacrifice their own clothes just to make sure their children have something to wear.

Their simple action shows how far parents can go for their children.

“Love is shown through sacrifice, not through wealth.” We should be thankful for our parents because even when they have little, they will always try to give us more.

Thank you.

14. “Not everyone who smiles at you is truly your friend.”

The picture shows two friends talking peacefully. But their shadows look like two snakes

fighting. This reminds us that sometimes, people may look friendly on the outside, but they may have bad intentions inside.

True friendship is built on trust, honesty, and respect. A real friend will not secretly hurt us or wish for our failure. We should be careful about who we trust because not everyone who acts like a friend is truly one.

“A true friend is known by their actions, not just their words.” So, let us choose our friends wisely and also be the kind of friend that others can trust.

Thank you.

15. Technology and Isolation

“Look up and look around.”

This picture shows a person in the center while other people around them appear focused on their phones

The picture shows how technology can make people physically close but emotionally distant. Phones are useful, but too much attention to screens can prevent us from connecting with people around us.

In the end Technology should help us connect, not make us forget the people around us.

16. “Behind every successful child are parents who never gave up.”

The picture shows a college graduate standing with his parents tied to his feet. It may look strange, but it has a deep meaning. His parents are the reason he was able to stand and reach his dreams.

Our parents support us through hard times. They give us food, guidance, love, and education. Every step we take toward success is also a step made possible by their sacrifices.

“Success is not achieved alone.” When we reach our dreams, we should always remember the people who helped us get there—especially our parents.

Thank you.

17. Education

“Knowledge is power.”

This picture shows people coming out of or moving around a large book.

The book represents education and knowledge. Reading and learning can open our minds to new ideas and opportunities. Education helps people understand the world and make better decisions.

In the end Education can change a person's future because knowledge opens doors that may otherwise remain closed.

18. Body Image

“Nobody is perfect.”

This picture shows different body shapes being compared with ideal-looking figures.

The image reminds us that people have different bodies and appearances. Comparing ourselves with unrealistic standards can make us feel insecure. We should focus more on being healthy and accepting ourselves.

In the end We do not have to look perfect to have value. What matters is who we are as people.

19. “A dream is the beginning of every success.”

The picture shows a poor child looking at her future self as a doctor. She may have little today, but she has a big dream for tomorrow.

This teaches us that our situation does not decide our future. With hard work, patience, and hope, we can reach our dreams. We should never be ashamed of where we came from.

“Believe in your dream, even when others do not.” Our future starts with what we believe and what we do today.

Thank you.

20. Social Media and Time

“Time is precious.”

This picture shows social media icons pulling a person away from a clock.

The picture shows how social media can take away our time. Applications can be useful for communication, but spending too much time on them can affect our studies, work, and relationships.

In the end We should control how we use social media because once time is gone, we cannot get it back.

21. Poverty and Social Media

“Kindness should be real.”

This picture shows a person taking a selfie near a family that appears to be poor.

The image can remind us that helping others should not only be for attention or social media. When we help someone, our main purpose should be to make their situation better, not simply to show other people that we helped.

In the end True kindness is not about getting attention. It is about genuinely helping people who need it.

22. "Taxes are the price we pay for a civilized society."

The picture shows a thin taxpayer riding a bicycle while carrying a fat passenger labeled "Government." This picture is a simple way of showing the relationship between taxpayers and the government.

The taxpayer represents people who work hard and pay taxes. The heavy passenger represents the government and the money it collects. Taxes can support public services, schools, roads, and other needs. But people also expect their tax money to be used properly and responsibly.

"Every peso collected should serve the people." Paying taxes is a responsibility, but using them wisely is also an important responsibility of the government.

Thank you.

23. "We never know the value of someone until we lose them."

The picture shows a man arguing with his old mother. Later, he cries because she has died. This reminds us that we do not always know when our last moment with someone will be.

Sometimes, we get angry at our parents and say things we do not mean. But once they are gone, we cannot take our words back. We should learn to say "I love you" and "Thank you" while we still have the chance.

"Do not wait for goodbye to show your love." Appreciate your parents, forgive them, and spend time with them while they are still here.

Thank you.

24. "Words are like arrows. Once they are released, you cannot take them back."

The picture shows two men arguing. The words of one man are shown like an arrow piercing the other man's heart. This reminds us that words can hurt just as much as physical pain.

When we are angry, we may say things without thinking. But those words can stay in someone's heart for a long time. That is why we should think before we speak and choose our words carefully.

"Think before you speak." We may forget what we said, but others may remember how our words made them feel.

Thank you.

25. "Sometimes, all we need is a little love to feel strong again."

The picture shows a tired man going to his mother. He lays his head on her lap, and it is like he is recharging. This shows the comfort and love that only a mother can give.

Life can make us tired, stressed, and weak. But sometimes, a hug, a kind word, or simply being with our mother can give us strength again. A mother's love can make us feel safe.

"Home is not always a place; sometimes, it is a person." No matter how old we become, we can always find comfort in the love of our mother.

Thank you.

26. “We should protect what gives us life.”

The picture shows a tree carrying fruits on its back, while a man carries a chainsaw on his back. It gives us a strong message about how nature gives us life, while humans sometimes destroy it.

Trees give us fruits, shade, clean air, and many other things. But if we keep cutting them down, we will lose these gifts. We should use nature wisely and protect it for the future.

“If we destroy nature, we destroy our own future.” Let us plant trees, protect forests, and be responsible for the world we live in.

Thank you.

27. “Children learn what they see, not only what they hear.”

The picture shows three generations. A man yells at a baby, a father yells at his son, and later, that son grows old and yells at his own father. It shows how anger can be passed from one generation to another.

The way we treat others can become a lesson for our children. If we show anger and shouting, they may learn to do the same. But if we show patience, kindness, and respect, we can break the cycle.

“Be the change you want to see in the next generation.” Let us choose kindness today, so our children can grow up with love instead of anger.

Thank you.

28. Life Then and Now

“Times have changed.”

This picture compares 1980 and 2024 and shows how family life has changed.

The picture shows differences between the two periods. Technology, habits, and the way families spend time together have changed. Modern life offers convenience, but it can also change how people interact.

In the end Change is natural, but we should not forget the importance of family time and personal connection.

29. Deforestation

“No trees, no future.”

This picture shows deforestation, a person cutting down trees and trees seems to turn into coins

Trees are important to the environment, but people continue to cut them down for different reasons. Losing forests can destroy animal habitats and damage the natural

environment.

In the end We need to use natural resources responsibly and protect the forests that support life.

30. "A mother's love knows no limits."

The picture shows a mother lying in a hospital bed while giving her blanket to her sleeping son. Even though she is sick and needs comfort, she chooses to make sure her son is warm.

This shows the selfless love of a mother. She puts her child's needs before her own. Sometimes, parents may have little to give, but they will still give everything they can for their children.

"A mother may give up her comfort just to see her child smile." We should appreciate our parents and never forget their sacrifices.

Thank you.

31. Teachers

"Teachers shape the future."

This picture shows a teacher surrounded by students.

Teachers do more than give lessons. They guide students, teach values, and help them develop skills. A teacher's influence can continue even after students leave the classroom.

In the end Teachers help prepare young people for the future, so their work deserves appreciation and respect.

32. "Children learn from what their parents do."

The picture shows a mother and her son smiling while the son bullies another child. The mother's tongue appears to connect to her son's mouth, showing that her words and behavior may influence what her son does.

This reminds us that children often copy the people around them. If we teach kindness, they may learn kindness. But if we encourage bad behavior, they may think it is okay.

Parents have an important role in teaching children right from wrong.

"Be a good example, because someone is always watching." We should teach children to respect others and never use their strength to hurt someone.

Thank you.

33. "A mother's love never truly leaves us."

The picture shows a son crying at his mother's grave. Beside him, his mother's ghost appears to be comforting and patting him. It shows that even after death, the love of a mother can remain in our hearts.

Losing someone we love is painful. We may wish they were still beside us to comfort us. But their love, memories, and lessons can stay with us forever.

“People may leave this world, but their love stays in our hearts.” Let us treasure the people we love while they are still with us.

34. As long as there is life, there is hope.”

The picture shows doctors trying to stop the spirit of a dying patient from leaving his body, using a leash. It is a creative way to show how doctors fight to save a person’s life. Doctors work hard to help sick people. They use their knowledge, time, and skills to give patients another chance to live. The picture reminds us that every life is valuable and worth caring for.

“Every second of life is precious.” We should appreciate life and be thankful for the people who work hard to protect it.

Thank you.

35. “People often fear what they do not understand.”

The picture shows candles sentencing a light bulb to death by hanging. It is a strange but meaningful picture. The candles may represent the old ways, while the light bulb represents new ideas.

Sometimes, people reject new ideas because they are different. Instead of understanding them, they may see them as a threat. But change can bring new opportunities and better ways of doing things.

“Do not fear change; learn from it.” We should be open to new ideas while still respecting the lessons of the past.

Thank you.

36. Sometimes, we choose what we need instead of what we want.”

The picture shows a prisoner with a choice: a key that can set him free, or bread that can satisfy his hunger. Surprisingly, he chooses the bread.

This picture reminds us that basic needs can sometimes feel more important than freedom. When people are hungry or struggling, they may focus only on surviving. It also teaches us that having a choice does not always mean the choice is easy.

“Freedom is important, but survival comes first.” We should be thankful for the food, safety, and freedom that we have.

37. “One person’s waste can be another person’s treasure.”

The picture shows a woman throwing leftover food out of a window. Outside, beggars happily treat the leftovers like an expensive dinner. This picture shows the big difference between having too much and having too little.

For some people, food that we throw away can be a precious meal. It reminds us not to waste what we have. We should also remember those who struggle to afford even the basic needs of life.

“Do not waste what someone else is praying for.” Let us be thankful for our food and share what we can with people in need.

38. "Money is a good servant but a bad master."

The picture shows a giant hand controlling a man like a puppet. The strings are made of money. This represents how money can control a person's choices and actions.

Money is important because we need it for food, education, and other needs. But when we care about money too much, we may forget what truly matters, like family, kindness, and happiness. We should control money instead of letting money control us

"Use money wisely, but never let money own you." Money can help us in life, but it should never control our lives.

39. "Technology is a useful tool, but it should not control our lives."

The picture shows a baby being offered a toy and a phone. Surprisingly, the baby chooses the phone. It shows how technology has become a big part of our lives, even at a very young age.

Phones can help us learn, communicate, and have fun. But too much screen time can take away time for playing, talking, and spending time with family. We should learn to use technology wisely.

"Use technology, but do not let technology use you." Let us enjoy the real world while using our phones in a healthy way.

40. "Wealth means little when we refuse to share."

The picture shows two men labeled "Poor" and "Rich." The poor man looks fat, but he is actually carrying a big sack on his back. The rich man is fat because he has too many resources and keeps them for himself.

The poor man carries the weight of his needs and struggles. Meanwhile, the rich man has more than enough but does not share. This teaches us that having many things is not enough. What matters is how we use what we have.

"The more we have, the more we can give." Let us share what we can and remember that kindness is more valuable than wealth.

41. "We only realize the value of something when it is gone."

The picture shows a man teaching others about the importance of trees. But the people are sitting on tree stumps from trees that have already been cut down. This creates a strong message about how we treat nature.

Trees give us clean air, shade, fruits, and protection. But if we keep cutting them down without planting new ones, we will lose these benefits. We must learn to protect trees before it is too late.

"Do not destroy what you need to live." Let us plant trees, protect forests, and take care of our environment.

42. "Sometimes, the things we depend on can also control us."

The picture shows a dog tied to a pole, trying to be free. Beside it, a man is using his phone, but his charger looks like a leash connecting him to the outlet. It shows two different kinds of chains.

The dog is trapped by a physical leash, while the man seems trapped by his phone.

Phones are useful, but too much use can take away our time and attention. Sometimes,

we become so attached to technology that we forget the world around us.
At the end “Use technology, but do not let it control you.” We should know when to put our phones down and enjoy real life.

43. “Times change, but the needs of children remain the same.”

The picture shows two mothers from different years. In 1996, a mother pulls her child inside because he has been playing outside for too long. In 2025, a mother pulls her child outside because he spends too much time on gadgets.

This picture shows how childhood has changed. Before, children wanted to stay outside and play. Today, many children spend more time on phones and gadgets. Both mothers simply want their children to have a healthy balance.

In the end “Technology should be part of life, not all of life.” Let us enjoy technology, but never forget the importance of playing, moving, and spending time with others.

44. “It is easy to judge, but it is harder to help.”

The picture shows many people lining up to criticize, fewer people to gossip, even fewer to get involved, and only two people willing to help. It shows how people often talk about problems more than they act.

Criticizing and gossiping do not solve problems. Getting involved takes courage, but helping takes kindness and action. Even one small act of help can make a big difference in someone's life.

In the end “Do not just talk about the problem. Be part of the solution.” Let us choose to help instead of criticize, and encourage instead of gossip.

45. Time and Technology

“You cannot get time back.”

This picture shows a hand holding the word “TIME” above a lighter that looks like a smartphone.

The picture connects time with technology. Smartphones can save time, but they can also make us spend hours scrolling and watching content. We need to be aware of how much time we give to our devices.

In the end Technology is useful, but time is limited. We should make sure we spend it on things that truly matter.

46. “Love should not be shown only on special days.”

The picture shows many people around their mothers on Mother's Day. But on normal days, the mothers are left alone. It shows how we sometimes remember our mothers only on special occasions.

Mothers care for us every day. They cook for us, help us, and support us. They do not need expensive gifts. Sometimes, our time, attention, and simple “thank you” mean more.

In the end “Do not wait for a special day to show your love.” Let us appreciate our mothers every day, not just once a year.

47. Media and False Information

“Think before you believe.”

This picture shows a person that is a devil speaking in front of a camera while another image is displayed on a screen that seems to show an angel.

The picture can represent how media can influence what people believe. Information can be changed, edited, or presented in a certain way. People on the media these days manipulate information like it's nothing. That is why we should check information before accepting it as true.

In the end Before believing or sharing information, we should stop, think, and check the facts.

48. “The heart wants what it wants, but the mind knows what is right.”

The picture shows a heart and a brain in human form fighting each other. It represents the struggle we sometimes feel between our emotions and our thoughts.

Our heart may tell us to follow our feelings, while our mind tells us to think carefully. Both are important, but we should learn to balance them. We should feel with our heart and think with our mind.

In the end “Think wisely, but never forget to care.” When we balance our heart and mind, we can make better choices.

49. “Actions speak louder than words.”

The picture shows three signs: Critics, Talkers, and Doers. Many people are in line to criticize, fewer are in line to talk, but no one is in line to do.

It is easy to criticize and talk about problems. But taking action requires effort and courage. Talking about change is easy, but making change happen takes action.

In the end “Do not just talk about what should change. Be the one who makes it happen.” Let us spend less time criticizing and more time doing.

50. “Progress is important, but we should never forget nature.”

The picture shows a human figure with a skyscraper as its head, kicking a tree. It is a strong symbol of how people sometimes choose buildings and development over nature. Buildings give us places to live, work, and study. But trees give us clean air, shade, and a healthy environment. Development is useful, but destroying nature can create problems for the future.

In the end “We should build our future without destroying our home.” Let us support progress while also protecting the trees and nature around us.

