

Kindness



What is to be kind?

Being kind is showing *love*.

Being kind is showing *compassion*.

Being kind is *helping* someone.

Being kind is staying *calm* and *smiling* (even towards unknown people).

Being kind is showering *gratitude*.

Be kind whenever possible. It is always possible. - Dalai Lama

Let's watch a video of *Simple Acts of Kindness*:

<https://www.youtube.com/watch?v=nwAYpLVyeFU>

Think of some acts of kindness. I give you few examples:

1. Smile at everyone you see.
2. Say "thank you" with gratitude.
3. Say "sorry" and mean it.
4. Ask friends and family members (specially physically/mentally challenged people) if you can help them
5. Volunteer for a good cause
6. Helping parents to clean the house, prepare and wash the dishes etc.
7. Be happy.

- So, what act of kindness did you do last week?

If you can't remember any, please plan 1 simple act from the above list and imply it in your daily routine for this week.

Have a great weekend!