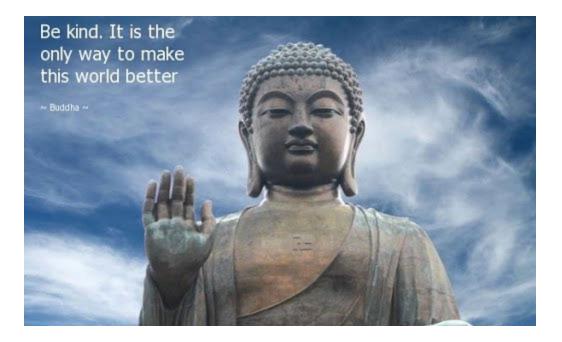
Kindness



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