



Power of Kindness 😊

Kindness is a simple word which is used in our conversations many times. But sometimes, we miss putting it in practice. We are all surrounded by information which often focus on negative emotions and actions which are happening in our world. Technology, which is our strength in today's times, also exposes us and our kids to a lot of information and other people's perspective which erodes our kindness and positivity in some way.

Amidst this chaos, it is very important to keep our beautiful world filled with love and kindness. Being adults, it is our responsibility to practice it through our actions which will inspire the hearts of our younger ones who are our future world.

There are many simple acts which we can practice along with our kids which will surround them with kindness, empathy, and warmth:

1. Helping each other in the simple daily activity of life.
2. Checking on each other through a call or a simple text, checking on family members whom we see every day and also understanding their moods.
3. Helping children to interact with their friends and asking how they are doing instead of encouraging them to talk about assignments and marks always.
4. Taking children to feed animals and speaking softly with them.
5. Practicing the art of letting go and helping kids do the same.
6. Helping elders at home and motivating younger ones to do the same.
7. Writing a letter to your child expressing how happy and blessed you are with them.
8. Sharing Positive news and achievements (simple ones too) with each other and minimizing exposure to social media, television news.

Let us remind ourselves, that we are the most powerful force in our children's life. Simple acts of kindness and gentleness which you practice can turn your younger one's world into a most beautiful one and also help them understand the magic of gentleness and kindness amid negative situations. I hope this ignites a spark in you which in turn will light a spark in your child's life. May Kindness in us find Kindness in You.

With Lots of Positivity,

With Best Wishes
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