

# THE QUIRO

Mag

## The Kindness Trail





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## FROM THE PRINCIPAL'S DESK

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Podar International School champions a positive education approach, We often use kindness activities for promoting wellbeing and positive mental health. Kindness has the ability to create a ripple effect, inspiring others to pay it forward and contribute to a more compassionate and empathetic world. Acts of kindness in my school is between pupils; staff, all key stakeholders and the local community. Everyone gets involved with simple acts of kindness that has made a big difference to the wellbeing of my whole school community.

Some examples of acts of kindness that my children , teachers and parents have always practiced are ,helping someone in need, offering a kind word or compliment, volunteering their time, donating to charity, taking care of environment or simply being supportive and understanding towards others and I and my team vow for this discipline and kindness in my school. All the best to the team of curio magazine Volume 2-“The Kindness Trail”.

Thank you

E.S Bindu

Principal

Podar International school, Bhavnagar





# Acts of Kindness

Imagine a world where you can succeed by being nice.

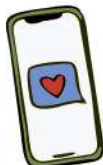
Where we all pay it forward.

Where people look out for each other.

It all starts with an act.



Read a book  
for someone.



Check in on  
loved ones.



Hold the door  
for someone.



Leave a bowl of  
water for birds  
and animals.



Plant a  
tree.



Give someone a  
gift for no reason.



Compliment a  
stranger.



Give a coworker/  
classmate kudos.



Donate old clothes  
to charity.



Buy school supplies  
for someone else.



Bake cookies for  
a neighbour.



Pay for the person  
behind you.



# My idea of Kindness



## Act of Kindness

1. What is 'kindness'?

Ans-Kindness is a type of behaviour marked by acts of generosity, consideration, rendering assistance, or concern for others without expecting praise or reward in return.

Examples of kindness are

- Call a friend that you haven't spoken to for a while.
- Send a letter to a grandparent.
- Send flowers to a friend.
- Offer to pick up some groceries for your elderly neighbour.
- Send someone a handwritten note.
- Offer to babysit for a friend.
- Walk your friend's dog.

2. What is use kindness?

Ans-It helps to make the world a happier place – one act of kindness can often lead to more! Acts of kindness can make the world a happier place for everyone. They can boost feelings of confidence, being in control, happiness and optimism.

3. How being kind makes difference?

Ans-Acts of kindness are linked to increased feelings of well-being. Helping others can also improve our support networks and encourage us to be more active. This, in turn, can improve our self-esteem.

4. What are the benefits of kindness?

Ans- It can decrease blood pressure and cortisol, a hormone directly correlated with stress levels. People who give of themselves in a balanced way also tend to be healthier and live longer. Kindness can increase your sense of connectivity with others, decrease loneliness, combat low mood and improve relationships.

Kindness can be in many things

- Plant trees in the garden
- Pickup some trash and throw in dustbin
- Hold a door open for someone

-Dhyan Patel, Grade 5th



# My idea of Kindness



## Kindness Trail (Act of Kindness)

A kindness trail refers to a sequence of connected acts of kindness where one person's positive actions inspire others to do the same. It's a way of spreading goodwill and positivity.

An act of kindness could be as simple as holding the door for someone, complimenting a stranger, or helping someone in need. Small gestures can make a big difference in brightening someone's day.

Certainly! Here are a few examples of acts of kindness:

1. **\*Helping Hand:\*** Assist someone with carrying their groceries or holding the door open.
2. **\*Compliment:\*** Give a genuine compliment to a friend, colleague, or even a stranger.
3. **\*Listening:\*** Take the time to listen attentively when someone needs to talk.
4. **\*Random Acts:\*** Pay for someone's coffee, leave a kind note, or perform a random act of kindness anonymously.
5. **\*Volunteering:\*** Offer your time to a local charity or community service organization.
6. **\*Smile:\*** Share a warm smile with others; it can brighten their day.
7. **\*Support:\*** Be there for a friend going through a tough time, offering emotional support.
8. **\*Donate:\*** Give away items you no longer need to those who could use them.
9. **\*Encouragement:\*** Encourage someone pursuing a goal or facing a challenge.
10. **\*Express Gratitude:\*** Thank someone for their efforts or let them know you appreciate them.

Name: Pratyusha Leuva  
Grade-4





# Kindness is Contagious

Kindness is sharing Happiness

Kindness is an act of making someone smile, someone feel happy.

Some random acts that are generous to others is being kind to others.

Such as helping someone cross the road, solving someone's problems, making someone happy, not being cruel to others and supporting them are a few acts of kindness.

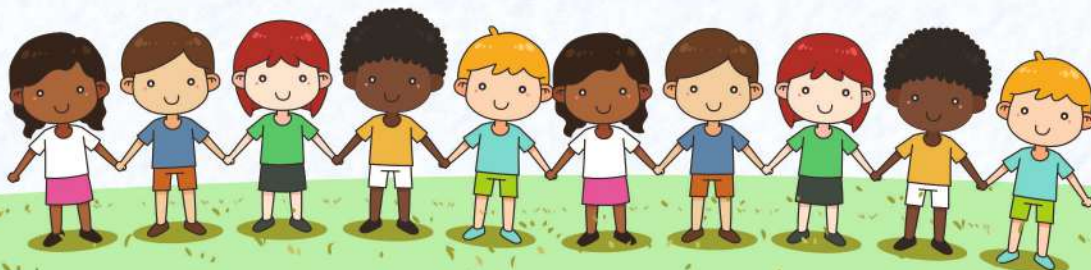
Kindness cannot be described in words. Being polite and helpful is also being kind.

Not just physically but also mentally we can support and help others.

Not just humans but animals and birds and plants too deserve kindness.

A quote by Thomas Carlyle, "A Great man shows his Greatness by the way he treats Little men."

Reneissa Talreja-G8





# Kindness is Cool



When life flies by so very fast,  
And it gets busy every day,



Kindness becomes a gift we give  
In so many different ways.

Being kind is important,  
Every minute, everyday.

We show kindness with our smiles,  
By what we do and what we say.

When I help a friend that is feeling sad,  
Or I do an extra chore,

I am spreading kindness everywhere!  
And soon there will be more!



# Verses on Kindness

(Poems)

## Playground Tales of Kindness

In a playground full of laughter,  
Kids playing happily ever after.  
Kindness blooms like flowers in May,  
Brightening up each and every day.

Hold the swing for a friend,  
Help them up, be there 'til the end.  
Sharing toys, and playing fair,  
Kindness shows we all care.

In the classroom, pencils and books,  
Kindness is the way it looks.  
Helping out, being a friend,  
On kindness, we all depend.

With each smile, a spark ignites,  
Spreading joy to new heights.  
No matter big or small,  
Kindness connects us all.

Among children, big and small,  
Kindness echoes through the hall.  
Listen to each other's tale,  
Support and friendship will prevail.

So let's be kind, young and old,  
A story of warmth, beautifully told.  
In this world, let kindness grow,  
Spreading love, to let it show.

BY :- JAINEEL BELANI, GRADE 5TH



# Verses on Kindness

(Poems)

Kindness, a whisper soft and low,  
A gentle touch that melts the snow.

A smile that speaks where words are few,  
A bridge of hope, seen clear and true.

It blooms in deeds, however small, A listening ear, a helping hand to all.

A moment shared, a burden eased, A heart that gives, with worries ceased.

Like sunlight warm on winter's face, It chases shadows, leaves no trace.

A seed of love in fertile ground, Where compassion's roots are firmly bound.

It ripples out, a gentle wave, Touching lives it seeks to save. From stranger's  
glance to loved one's gaze,  
Kindness lights the path through life's dark maze.

So let us sow these seeds with care, And watch them blossom everywhere.

For in this world of strife and pain, Kindness is the sunshine, after rain.

Manish Suhandani,

Teacher,

Podar International School, Bhavnagar

# What does being kind look like?

Offer to help someone carry something heavy

Encourage someone by giving them a high five or a fist bump.

Give hugs.

Share your favorite toy.

Help someone before they ask you for help.

Help someone find something they lost.

Be positive be cheerful.

Make others feel good and happy by giving genuine compliments.

Give someone a pat on the back.

Clean up after yourself and someone else too.

Smile at someone, even if they are a stranger.

Ask someone to play with you on the playground.

Take the dog for a walk or feed the cat before you are asked.

Clear the table after dinner.

Cheer someone on in a race.

Let someone go before you. (Give up your turn.)

Smile and say hello to someone in the elevator.

Surprise someone by drawing a picture or making them a card.

Help someone fix something that is broken.

Donate or give to someone in need.

Be patient with others.

Give flowers.





# How full is my bucket?



## An act of kindness I have experienced-

### Kindness in Practice

"Kindness is the passport that opens doors and fashions friends. It softens hearts and molds relationships that can last lifetimes." This line has been quoted by Joseph B. Wirthlin, stating that how a small act of kindness can actually benefit others and still make you feel happy. I am here to talk about a small act of kindness that benefitted someone very close to me. That person is my best friend, Nirav. He may be three years younger than me, but we still have a lot of respect for each other. We have been there for each other through thick and thin.

Nirav had severely injured himself while playing with his friends in the society garden. Three metatarsal bones of his leg were fractured, which meant that he had to get a plaster. I was chagrined.

Of course, he couldn't attend school for the first few days as he was asked to take complete bed rest. So, I used to send him all the class work and homework with the help of his classmates. But soon after he started attending school, I knew that I have to take care of him more. After all, a friend in need is a friend indeed. I arranged a wheelchair type thing for him to move around. Since he couldn't go to class on his own, I used to drop him first and then go to my class. I told all of his classmates to take good care of him. Well, he is fortunate enough to have such caring people as his classmates. This was the routine for almost two months. I used to come to his class during recess time just to see if he was doing okay. Both of us spent Diwali in the most joyous way.

Today, he is doing good all due to the unwavering support and generosity of his parents, teachers, classmates and I. He had a fast recovery and the credit goes to all those who helped him. Turns out that someone benefitted from my small act of kindness. I am glad that I was able to help my best friend in his difficult moment. Nirav, I will always be there for you.

BY:

Vanshika Shukla

10th A

Podar International School, Bhavnagar





# How full is my bucket ?



## An act of kindness I have done-

### “KINDNESS TOWARDS ANIMALS”

Kindness to animal teaches us to be kind and tolerant towards furry friends .Some people think that animals don't have feelings or emotions but they do.The relationship between humans and animals is much more then just giving them food and shelter.

Animals are very important and necessary in our life.Animals Provide us many useful things.Also,some pets animals play with us and makes us laugh but many animals are not taken care of properly.Some are homeless and even don't get proper food.Many animal die due to eating harmful substances that we throw away with the leftover food items.So, it is very important to dispose the harmful substance properly.people should know that animals are also living beings.They feel like human beings ,the same life runs through them all.Life is as dear to them as to human being.They also love to move and live freely.

In Hinduism,the cow is considered a sacred animal and symbolizes wealth,strength,and motherly love.Serving and protecting cow pleases God and Demi-gods present in the cow and it takes us closer to the supreme personality of God. According to Skanda purana ,”One can demolish all his sinful acts by simply offering respect to the cows”.

In the 11th (11.11.43) canto of shimad Bhagavatam,Krishna told his beloved cousin uddhava that he can be worshiped by offering cow grass and other suitable grains. Worshiping cow is equal to worshiping Krishna.This tells us about how important it is for us to take care of an animal that even Krishna adored and because of all this, I regularly feed to cow,dog, cat and many more birds.This is my kindness towards my lovely pets and furry friends.

Yours Faithfully,

Aksh vekariya (Grade 5th )





# Seven miles for me



Leaving a store, I returned to my car only to find that I'd locked my keys and cell phone inside. A teenager riding his bike saw me kick a tire and say a few choice words. "What's wrong?" he asked. I explained my situation. "But even if I could call my wife," I said, "she can't bring me her car key, since this is our only car." He handed me his cell phone. "Call your wife and tell her I'm coming to get her key." "That's seven miles round trip." "Don't worry about it." An hour later, he returned with my key. I offered him some money, but he refused. "Let's just say I needed the exercise," he said. Then, like a cowboy in the movies, he rode off into the sunset.

—Clarence W. Stephens, Nicholasville, Kentucky

## Kindness in Nepal

Never have I met a people more abundant in goodwill than the Nepali.

Some backstory: Tim and I arrived in Nepal during a fuel crisis last November, only six months after the cataclysmic earthquake that left so much in ruin.

Albeit the difficulties, there was no lack of generosity. Because of the fuel crisis, we had to resort to travelling sitting on the packed roofs of buses. Men would come to our aid to help lug our heavy packs aboard, then made sure Tim and I had ample space.

One ride in particular, there were three college students on their daily hour-long commute. We all had the same stop and when it came time to pay, the driver signaled that the young boys had taken care of our fare!

These students, usually the most economically strapped in society, gave to us visitors as a gesture of gratitude for visiting their country despite the circumstances it was facing. It was a very humbling moment for us.

~ Izzy Pulido







# Stories on Kindness

## The story of kindness

The story took place in Olympics Games. In Olympics, there was an event of 400m running. 10 or 12 athletes from the different countries had participated and then the players warmed up for 5 to 6 minutes. The referee informed all the athletes to take their positions.

After the warm up, All athletes took their position a lane wise and then the referee whistled. All the athletes started running till 350m. USA runner was ahead and he suddenly felt very much pain in his leg but he did not lose his hope and started running again. Behind him, there was another runner. He helped him. If he wanted to win, He would have won but he helped and they both lost the game. They had been trying to win for the past 8 years but they could not win this year as well, which indicated their act of sacrifice and act of kindness towards each other.

“Moral: be kind to everyone”  
-Jayveersinh Vala, Grade 7th

## The Kindness Trail

One day a teacher, Miss Mona wanted to teach her students about kindness. So, she called some of their parents and told them to take one thing out of their child's bag and assigned them what to take out. Well, the next day it was raining and everyone was getting out of the school bus. Soon, Sunny realised that he had not brought his umbrella so Katie shared her umbrella with him.

After entering the school and going to her classroom, Katie found out that she had forgotten to bring her pens and pencils so, Issac gave her a pen. Issac did not bring his textbook, the person sitting next to him, Natalie noticed this and shared her textbook with him. Now in break time, poor Natalie found out that she did not bring food well, Daniel had brought two sandwiches so he gave her one.

In art and craft lecture Daniel did not have paint so Nora gave him some of her paint. Soon, she realised that she had not brought her paintbrushes. Eric noticed this and gave her one. As the teacher told the students to take out their colour papers Eric reached his hand into his bag and he found out that he had not brought it.

Seeing this Sarah offered him three colour papers. Sarah found out that she had not brought her pair of scissors. So, Sunny gave his pair of scissors to her. After the class ended, and the last lecture, life skills started, Miss Mona entered the class. She asked “Can anybody guess what we are going to learn about today?”.

The class was silent so, she said “Kindness! We are going to learn about kindness. Can anybody give me an example?” Still there was silence so she said. “First Katie helped Sunny so K for Katie.” As she writes it on the board, she narrates the story that happened that day and writes the selected student's first letter in the order it happened to everyone and says “Would you look at that! It spells-” and the whole class shouts “KINDNESS”. She explains that “Kindness is the quality of being friendly, generous, and considerate.” “This specific way of kindness is called the circle of kindness.” She further explains it deeply and the students go back home happily after learning about kindness.



Krishna Harish Makwana  
Grade-6th





# Stories on Kindness

## The Story of Kindness

It was an enchanting and calm morning as well as the starting of new year 2023. Nilesch, a well enthusiastic boy was going for his military training. He was thrilled as well as concerned about his life and his future. He was from impoverished family. While sitting at the bus stop he saw an old man selling potato chips. He was hungry so he asked for a packet of chips. He said "Umm!, uncle can I get one packet of chips."

The old man answered "Yes, you can! It costs 5 rupees each."

"Sorry, but I can't buy it, I don't have money." Nilesch said

Then, old man replied "Don't worry, I will give you this packet free."

So the old man didn't take money for the chips packet. Nilesch thanked that old man and went for his training. Every day when they both would meet each other, the old man would give him a chips packet for free. But one day Nilesch asked old man that why was he giving him packet of chips for free? The man answered that he didn't want to see anyone to sleep hungry. He further added that whenever he sees a human or any other living organism starving hungry, he always helps him.

As days passed, the new-year came! It was 2024! Nilesch was now a military officer. He went at that bus stop and saw that the old man was not there where he stood first. After looking around he saw a small tent near the ground. After looking into that tent, He was stunned. He saw that old man was laying down. He tried to wake him up but he didn't respond. So he took him to nearby hospital so he could save his life. And the old man got admitted in that hospital. Doctor said to Nilesch that the man got heart-attack but beyond all expectations he survived.

-Malay Anjara, G8

## Robin's kindness chain

There was once a kid named Robin who once shared his food with Tom, who forgot to bring his tiffin. The next day, Tom gave a pencil to Andy, who forgot to bring his pouch.

The next day, Andy helped Nancy find her lost crayons. The next day, Nancy helped Kiara make her art project.

The next day, Kiara helped Izzy with her math homework. The next day, Izzy shared her book with Robin because he forgot to bring his book. In this way everyone got help from and helped somebody in the process. This is called the circle of kindness.

Thank you

~Nax H. Makwana, Grade 3-A

## The breakfast that paid off

There was once a poor boy named David who once knocked on someone's door for a glass of water. The girl that answered saw that he was hungry. She offered him breakfast and he said yes and that he will pay it back one day.

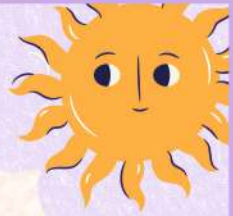
Many years later she got a disease that was hard to cure. She needed to stay in the hospital for 3 months. There was a doctor who took great care of her. After she was cured her doctor said she didn't have to pay. She was confused at first then the doctor told her that he was David.

Thank you

~Nax H. Makwana, Grade 3-A



# Stories on Kindness



## Story of Kindness-“Glory of Charity”

A householder was driving his horse cart slowly near a village in search of a nearby water body; Because his horses were very tired and thirsty. Then a small hut appeared. A boy of ten-twelfth was sitting in his courtyard.

Seeing the exhausted horses in the distance, the boy immediately went to the hut and brought a jug full of water and stood on the road before the cart arrived.

Seeing him, the holder stopped the car and asked the boy – ‘ Boy! what do you want?’

The boy said – ‘I don’t want anything, I have come to give water to your horses.’ Saying this, he put the ball of his hand in front of the horses. The horses were satisfied after drinking the water.

After that the householder took out silver coins from his pocket and wanted to give them to the boy.

The boy said – ‘Sir! I didn’t bring water for money. I am a poor lame boy, my mother works in the farm, she brings food for both of us. It is my mother who told me that when God has put you in such a position, then there will be some good for him in this also; Because whatever God does, he does it for the good. you can’t walk much; So staying here and giving water to the thirsty men and animals will also be doing God’s work.

There is no water spring or village eight miles away from here. That’s why it would be right to draw water from this well and put it to good use. I found this saying of my mother very true and accordingly I do this work and consider it as God’s work and my duty. I don’t take money. He was very pleased to see this quality of the child and started singing the glories of the Lord in his heart. After that he sent that child away by saying some words of encouragement and favor on him.

When he came to understand exactly how even a disobedient boy can do charity selflessly, it had a deep impact on his mind and he too started doing good charity work. What is the glory of charity.

Ashutosh Pandey,  
Teacher, Podar International School, Bhavnagar







## Spread the Word

Hello,

A simple smile, a genuine compliment, or a helping hand can brighten someone's day, restore their faith in humanity, or provide the strength they need to persevere. Never doubt the significance of your kind gestures, as they can be life-changing.

My name is Laksh Prasan Khemka. I'm from std. 4th 'A'. My roll no is 4018. Today I am going to share a short story on " Act of Kindness ".

### An Inspiring Story of Kindness

Two boys walked down a road that led through a field. The younger of the two noticed a man toiling in the fields of his farm, his good clothes stacked neatly off to the side.

The boy looked at his older friend and said, "Let's hide his shoes so when he comes from the field, he won't be able to find them. His expression will be priceless!" The boy laughed.

The older of the two boys thought for a moment and said, "The man looks poor. See his clothes! Let's do this instead: Let's hide a silver dollar in each shoe and then we'll hide in these bushes and see how he reacts to that, instead."

The younger companion agreed to the plan and they placed a silver dollar in each shoe and hid behind the bushes. It wasn't long before the farmer came in from the field, tired and worn. He reached down and pulled on a shoe, immediately feeling the money under his foot.

With the coin now between his fingers, he looked around to see who could have put it in his shoe. But no one was there. He held the dollar in his hand and stared at it in disbelief. Confused, he slid his other foot into his other shoe and felt the second coin. This time, the man was overwhelmed when he removed the second silver dollar from his shoe.

Thinking he was alone, he dropped to his knees and offered a verbal prayer that the boys could easily hear from their hiding place. They heard the poor farmer cry tears of relief and gratitude. He spoke of his sick wife and his boys in need of food. He expressed gratitude for this unexpected bounty from unknown hands.

After a time, the boys came out from their hiding place and slowly started their long walk home. They felt good inside, warm, changed somehow knowing the good they had done to a poor farmer in dire straits. A smile crept across their souls.

Moral of the Story :

" If you want others to be happy, practice compassion. If you want to be happy, practice compassion." ~Dalai Lama  
Laksh Khemka-Grade 4th



# Spotlight @ PIS

Annual Day Celebration





# Spotlight @ PIS

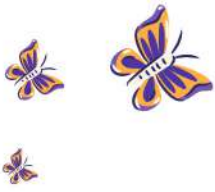
Annual Day Celebration





# Spotlight @ PIS

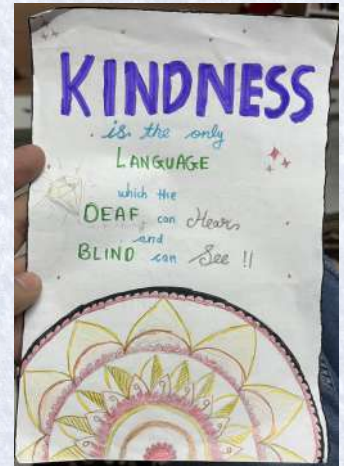
Drawings of Kindness and Act of Kindness



Drashti Vadhiya, G6



Mihir Singh Diwakar, G6



Reneissa Talreja, G8



Aksh Vekariya, G5



Aksh Vekariya, G5



Aksh Vekariya, G5





# Spotlight @ PIS



SOF Olympiad , Drawing, Sports Day and Model United Nations Achievements





# Spotlight @ PIS

Karate, Skating, Drawing, Archery, Football Achievements



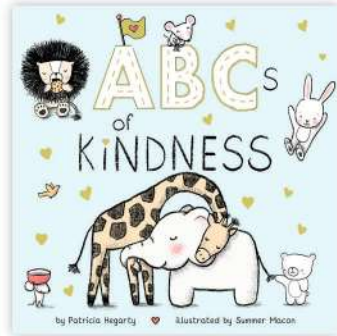


# Book Recommendations

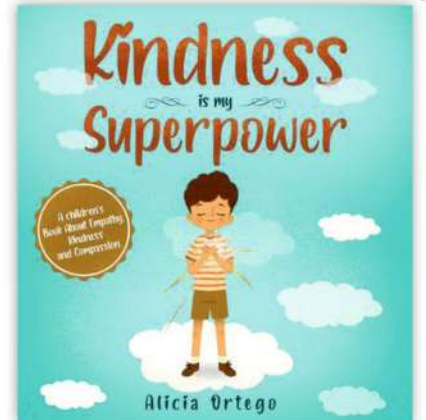
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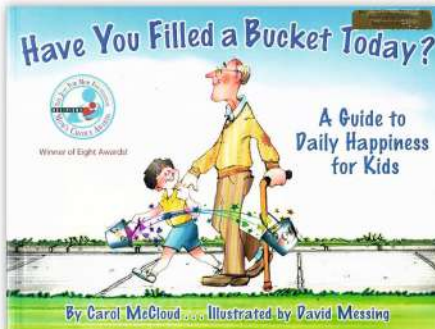
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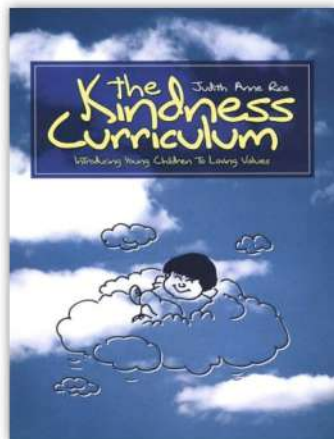
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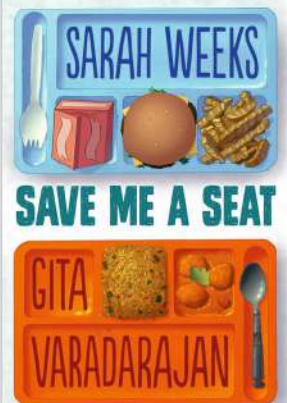
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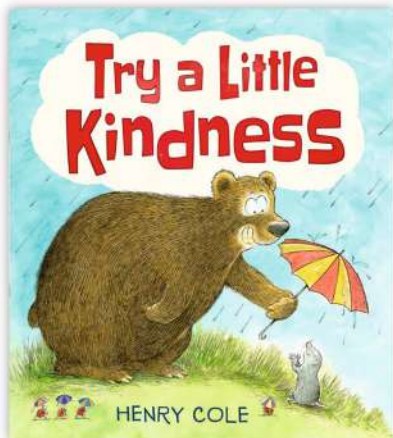
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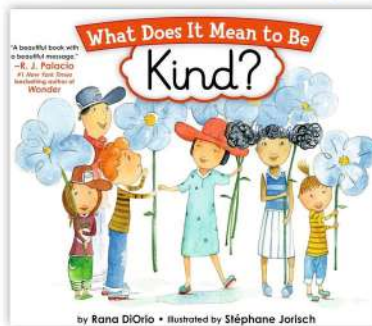
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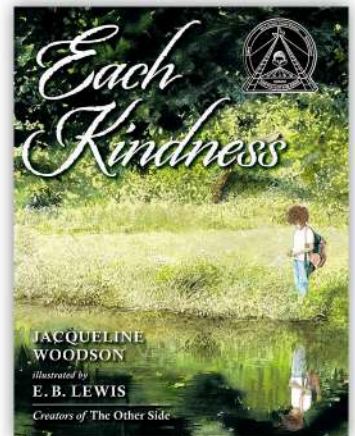
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9



8





SHARE

RESPECT

CARE

HUG

APPRECIATE

LOVE

SMILE

