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FROM THE PRINCIPAL'S DESK



"The mind is not a vessel to be filled but a fire to be kindled." - Plutarch As most growth begins with a seed, all learning emanates from a thought. A single thought can source an entire plethora of learning on a subject. Being able to broaden one's horizons and being aware of how little one knows may be the first step toward achieving knowledge.

We at PIS attempt to kindle this mental spark in our students via the Qurio Mag - School Magazine.

The theme on Kindness - 'The Kindness Trail' gives the students an opportunity to explore and delve deeply into the role of kindness in everyday life. Little actions that show kindness on a daily basis can sometimes make a huge difference to someone who may be having a terrible day; giving them hope and a bit of happiness on an otherwise bleak day. A single act of kindness can have a domino effect, where the person who receives it may be encouraged to pass it on to another and so on. Knowing how one act of kindness can lead to many and being mindfully kind is a habit that is worth inculcating.

I congratulate the entire team for their hard work and dedication to making this magazine. I am sure that the positive attitude, hard work, sustained efforts and innovative ideas exhibited by our young children will surely stir the minds of the readers and take them to the fantastic world of unalloyed joy and pleasure.

Regards,

Principal
Mr.Bhushan Upasani

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Acts of Kindness

Imagine a world where you can succeed by being nice.

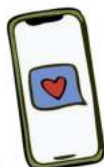
Where we all pay it forward.

Where people look out for each other.

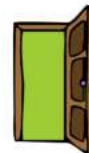
It all starts with an act.



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



ABC's Kindness

- A - is for all of us be everybody's friend
- B - is for believing in everything you do
- C - is being caring in everything you do
- D - is for dear ones who mean the world to you
- E - is for everyone we are all the same
- F - is for forgiveness don't always look for blame
- G - is for gratitude give thanks along the way
- H - is for hope
- I - is for inviting everyone to you
- J - is for joy when you make somebody's day
- K - is for kindness
- L - is for love
- M - is making time for everyone
- N - is for nobody missing out of fun
- O - is for others your friends and family
- P - is for patience
- Q - is for quiet times for thinking on yourself
- R - is for remembering friends will never be alone
- S - is for sharing
- T - is for trying
- U - is for understanding and offering a kind word
- V - is for voices
- W - is for worries and keeping them at bay
- X - is for kisses
- Y - is for yes I can
- Z - is for sleeping peacefully

Name: Yamini J Shelar
Std: IV Rose

Kindness is more than behaviour. The art of kindness involves having a spirit of helpfulness, being generous and considerate, and doing so without expecting anything in return. Rather than viewing it exclusively as an action, think of kindness as a quality of being you can cultivate.

Name: Manasvi Lonari
Std: V Raman



"Kindness" the word itself tells and gives a weird kind of happiness. Kindness is a feeling of satisfaction a weird kind of unique satisfaction. In my opinion kindness can be as little as helping a friend or as huge as constructing an orphanage. One should not feel ashamed to help others. My idea of kindness is simple to start off you can feed a homeless or you can donate money for the needy. You can give clothes to the needy or give book and stationary to the children below the poverty line. Not only humans are the ones who need help but also animals need us, one can help them by arranging a bird feeder in the balcony. One can feed the stray cats and dogs. Taking an animal to a government vet wouldn't cost much. My idea of kindness is that by helping one be it small but the happiness and the smile which appear on their faces is precious. So my idea of happiness is one smile, one little help can change a life.

Name - Aaditee Joshi
Class - 8th Raman

Kindness is choosing to do something that helps others or yourself, motivated by genuine warm feelings. Kindness, or doing good, often means putting other people's needs before our own. It could be by giving up out seat on a bus to someone who might need it more, or offering to make a cup of tea for someone at work. One should always be kind even to strangers help them cross the road, carry their bags, even if you disagree with their opinions, make your point with compassion, be considerate of others problems because everyone is dealing with something. It can actually help them feel better about. Affection, empathy and giving to others are qualities of a kind person.

In a world where you can be anything be kind

Name: Ghnandheep Kolabatti
Std :1st Rose

My idea of Kindness

Kindness is a strong attitude that one must always have. An act which has no description and no limitations. Being kind to others charges no money. It is a unique characteristic of showing love and care for others selflessly. It is an act making others happy without any specific reasons. This act helps in maintaining a long-lasting relationship based on honesty and loyalty. We were taught to be kind, be modest to everyone, take up various responsibilities, and make decisions when we were kids. Being kind is sense of honesty and loyalty. We must make sure that our behaviour and actions do not harm others!...

Name: Jui Wani
Class : 4 th Lotus

Kindness is defined as the generous and true use of one's time, skill and resources to improve the lives of others, one's own life and the world via real acts of love, compassion, charity and service.

Kindness is defined as actions of charity, care or concern for others that are performed without expecting recognition or return. Kindness is defined as the act of caring or being warm in spirit as well. Helping a lost person with directions is an act of compassion.

"Kindness can make a bad day good, and a good day better!"
"No act of kindness, no matter how small, is ever wasted."
"Always be a little kinder than necessary."

Name: Janhavi Pankaj Patil
Std : 7th Kalam

Kindness is the mark we leave on Earth.

Kindness is free to give
But priceless to receive
SO BE

KIND WHENEVER POSSIBLE...

Name: Purva Khairnar
Std : 7th Kalam



Kindness means to be good to every person around us. It is a quality of being polite and generous to others. A kind person is loved and respected by all. Kindness makes peace and harmonic relations with others. It helps us to make new friends. Kindness increases positive thoughts and gives hopes to others. Act of kindness bring rays of positive energy in everybody's life. Kindness can be achieved by giving emotional support to others kindness makes our world a better place to live. Kindness is a characteristic of good people. Kindness is the main part of the nature of a person. Being kind to everyone is really important. Motivating and boosting the morale of someone is also a type of kindness. Several religious texts describe kindness and its importance. Showing kindness to others does not mean that you should do something big for them. Acts of kindness brings a ray of positive hope in everybody's life. To show kindness all you need is to have a good and a big heart.

Name:- Sumedh More
Class:- 5 th -Raman



Kindness is a strong attitude that one must always carry. Kindness is an act which has no description and no limitations. Kindness entails not just physical support but psychological support as well.

Kindness is not a behaviour which has to be showed only on special occasions, it can be showed to others irrespective of time, place or situation.

It's absolutely free to be kind and in fact it compliments your personality too. It's a unique characteristic of showing love and care for others selflessly. It's an act of making people happy without any greed or specific reasons. This act also helps in maintaining long-lasting relationships based on honesty and loyalty and genuine love.

The impact of kindness isn't limited to the recipient. It, like a boomerang, returns to the giver tenfold. It fosters a sense of purpose and happiness, strengthens communities, and cultivates a sense of belonging. It reminds us that we are not alone, that our actions, however small, can make a difference. We must make sure that our behaviour and actions does not harm others.

Name: Asmi A. Patil
Std : 7th Kalam

Kindness is Contagious

Kindness often means putting other people's needs before our own. Kindness can be expressed as a form of love that one needs to spread throughout the world. Definitely, kindness can indeed be contagious. When a person does something good it inspires others to do the same. It plays a significant role, with admired individuals setting example for others to follow. An example of kindness being contagious can be seen, while witnessing a person struggling to carry heavy groceries to the car, the owner of the shop offers assistance without any hesitation. This not only relieves the burden but also creates positive interaction. This act of kindness may inspire the other person to do the same.

"BE KIND"

Name: Deepal Akhade

Std : 9th Kalam

Importance of doing kindness to bring happiness to others.....

As human beings, we all have the capacity to make a positive impact on the world around us. Often we believe that we need to do something grand or extraordinary to make a difference, but the truth is that small acts can have just as much of an impact. As the saying goes "as long as good continues to come out of your hands, you can't fall down." Small acts of kindness that we do in our daily lives, can have a ripple effect. Spreading positivity and joy to those around us. For ex. Watering a withered plant or planting a tree can bring a new life and beauty to the world. Giving someone a plate of food or some money can ease their immediate needs and worries.

These small act of kindness may seem insignificant on their own, but when they are multiplied across many individuals, they can create a collective impact that transforms communities, and the world. Each small act of kindness can inspire others to do the some creating a chain reaction of positivity and goodness. One of the most beautiful aspects of these small facts of kindness is that they do not require any special skills or resources. Anyone can do them, regardless of their age, background or social status. They can be done in a few minutes or even seconds, yet their impact can last a lifetime. Moreover, these small odds of kindness can bring happiness not only to the recipients but also to the givers themselves. By sharing kindness and compassion, we tap into our innate goodness and feel a sense of purpose and fulfillment. It's a win-win situation that benefits everyone involved. In a world that often feels harsh and divided these small acts of kindness can be a powerful force of unity and love. They remind us of our shared humanity and our capacity for empathy and compassion. By doing good with our hands, we uplift ourselves and those around us, creating a better world one small act of kindness at a time. We should never underestimate the power of a small act of kindness. Let us all strive to do good with our hands, and in doing so create a more compassionate, loving and beautiful world.

Name: Kavya Borse

Std : 6th Kalam



Kindness is Contagious

Beyond linguistic and cultural barriers, kindness is a universal language. It is a straightforward yet effective force that can have an impact on people's lives both individually and collectively. Recent studies and firsthand accounts have brought attention to the contagious nature of kindness, demonstrating how even modest acts of compassion can spark a positive chain reaction.

It all begins with one individual being kind. The interesting thing about kindness is that when we share it, it almost doubles in value. Science has confirmed this to be true. Research indicates that even a single random act of kindness can significantly lower stress, anxiety, and sadness by flooding the body with the same hormones that make the person receiving the help and yourself feel calmer, healthier, and happier. The degree of appreciation we express to others is one of the biggest contributors to our total pleasure in life, as demonstrated by scientific research conducted by psychologists.

The most amazing properties of kindness is its capacity to start a domino effect. No matter how tiny the act of kindness, when someone receives it, they are more inclined to spread it to others. A community can develop a network of compassion as a result of this domino effect, which can cause an exponential rise in good deeds. A kind word, a helping hand, or a considerate act can set off a chain reaction of kindness that spreads across the community.

Studies in psychology and neuroscience have explored the phenomenon of kindness contagion. Research suggests that witnessing or experiencing acts of kindness stimulates the release of oxytocin, often referred to as the "love hormone" or "bonding hormone," in the brain. Oxytocin is associated with feelings of trust, empathy, and social connection. When individuals are exposed to kindness, their oxytocin levels rise, motivating them to reciprocate with benevolent behaviour

Name: Parth Fanse

Std :9th Kalam

Everyone may communicate in the language of kindness, and its influence is immeasurable. Have you ever observed how someone's day can be made better by a small gesture of kindness? Even more intriguing is the fact that compassion spreads like wildfire, encouraging others to spread their positive energy. One of kindness's amazing properties is its capacity to start a domino effect. No matter how tiny the act of kindness is, when someone receives it, they are more likely to spread it to others. A network of compassion can be established within a society because of this domino effect, which can cause an exponential rise in good deeds. A kind word, a kind hand, or an act of kindness can set off a chain reaction of kindness that spreads across the community. There are countless instances from all throughout the world that demonstrate how contagious compassion is. Others have been motivated to do the same by random acts of kindness, such as buying someone's coffee in line, writing encouraging letters, or lending a helping hand to a stranger in need. Social media platforms are becoming an effective means of disseminating and motivating acts of kindness to a worldwide audience. Being kind not only starts a positive feedback loop but also produces a ripple effect. People frequently experience happiness, contentment, and thankfulness when they encounter kindness. They are then inspired to perform more deeds of kindness because of these favorable feelings. Individuals and communities benefit from this self-reinforcing cycle in general. In summary, kindness is a contagious force that may change people and entire society. By realizing the enormous influence of acts of compassion, we may help create a society in which kindness is valued by all, bringing happiness, comprehension, and a sense of community to people all around the world. As we embrace the idea that kindness is contagious, we become catalysts for positive change in our interconnected world.

--Name:Vedant Patil

Std : 9th Raman





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)

Kindness

Spread a little kindness
Sprinkle as you go
Send it out into the world
Watch it ebb and flow
Plant a garden of Kindness
The more seeds that you sow
You'll find that your own happiness
Will grow
And grow
And grow!

Kindness is caring,
And helping and sharing.
Kindness is giving,
And also forgiving.
Kindness adjusts,
All that's wrong and unjust.
Kindness is gentle,
And never judgemental.
Kindness is compassion,
Like Love has no nation.
Kindness is transforming,
And always heartwarming.

Name - Dipika Ahire
Class - 8th Raman

Name: Vedansh Chaudhari
Std: 2nd Lotus

It doesn't matter where you go,
Or who you meet along the way,
Carry kindness in your heart,
And practice it each day .
A simple smile can change the course
Of someone else's week,
The smallest gesture represents,
The gift of joy we seek.
A gentle touch reminds us
That humanity still reigns.
To pet a lonely cat or dog,
Shows that love will never wane.

The air seems to penetrate through my skin
looking for kindness hiding in me. Swallowing the
sky & atmosphere
all I can hear was the kindness inside me.
I open my eyes, feeling the gravity of my
thoughts fidgeting inside,

Totally starved of word, please; thank you; and
sorry come up to my lips.

My eyes meet up my soul, awed by the presence
of lady struggling to cross the
road,

There are a million obstacles
On any given day ,
But rise above the hate and fear
And live life the kindness way.

let me aborn my thoughts with the
most lovely words,

When these eyes chase the little boy
asking "Why does he cry?"

Name: Trupti Wadekar
Std: IX Kalam

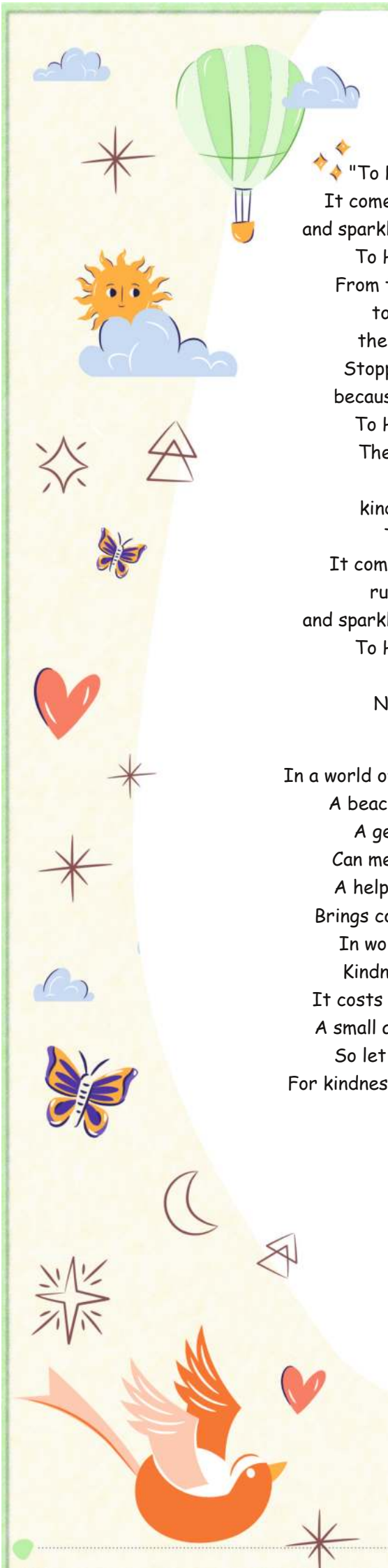
The tears couldn't stop for a chocolate.
I showed my kindness and gave a one.

Let's remove the darkness and sprinkle my eyes
and soul with kindness with tons
of gleam.

Name: Yogini Sharad Wagh
Std : 8th Raman

Verses on Kindness

(Poems)



"To Help through the town"
It comes from our soul and veins,
and sparkle out among the needy ones,
To Help through the town.
From the train I hurried down,
to help the old woman,
the little boy by the side,
Stopping him for crying just
because he carved for a Choco,
To Help through the town,
The wind blows in and out
just Saying these
kind words, Please, Sorry
Took me to Heaven.
It comes from our Soul and vein
runs through our blood
and sparkle out among the needy ones.
To Help through the town.

Name: Hitakshi Bhav
STD: 8 th Raman

In a world of shadows, kindness shines bright,
A beacon of warmth, a guiding light.
A gentle touch, a caring smile,
Can mend a heart, even for a while.
A helping hand, extend with grace,
Brings comfort and solace to any place.
In words so simple, yet profound,
Kindness spreads love all around.
It costs us nothing, but means so much,
A small act of kindness, a gentle touch.
So let us be kind, in all that we do,
For kindness, dear friend, starts with you.....
Thank You

Name: Mohit Tawade
Class: 6th Raman

Practice kindness,
Help the poor,
Take steps to help others,
Bring a sense of kindness.

Love grows out of kindness
A new way to move forward in life opens,
we get to help each othe.
Brotherhood grows in the country.

Name: Jaydeep Manish More
STD: 1 st LOTUS

Helping Hands

Everybody needs a helpful friend
and someone as a helping hand.
How do I help, how can I?
I am just a child.


Here are some ways that you can try
Let's be helpful, don't be shy
clean the park or plant a tree
or simply smile at me.

Everybody needs a helpful friend
and someone as a helping hand
how do I help, how can I?
I am just a child.

Name: Ashmira Tanvir Pingal
Std : 1st Lotus

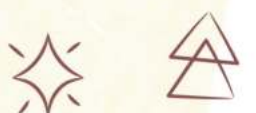
Verses on Kindness

(Poems)




Kindness is God's way.
You should not get away from it,
You should adapt it.
Be kind to everyone
Be helpful
Be grateful
Be kind to everyone.
You should never be done with it,
You should keep going.


Name: Shubham Bendre
Class: 8 th Raman




Monday Kindness challenge
Say hello to someone you have
never met and ask them what their
name is.




Tuesday Kindness Challenge
Ask someone who is sitting alone,
or someone is new to your school
to sit with you for lunch.




Wednesday Kindness Challenge
Do one small good deed.




Thursday Kindness Challenge
Say hello to someone you don't
think you like very much. Find
one thing to compliment them on.



Friday Kindness Challenge
Tell your teacher "Thank you"
at the end of class. Be specific.

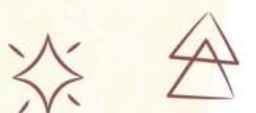


Name: Padmaj Patil
Std :1st Rose




Kindness is the colour of pink
It smells like cotton candy
It sounds like a beautiful waterfall
It feels like a soft fluffy blanket
It looks like beautiful smile
It tastes like a hot lolly on a hot summer
day
When I am kind I feel like a better
person

Name: Rudra H. Bendale
Std: I Lotus



"Whisper of God"
Sunlight whispers on the breeze,
Kindness paints the rustling leaves.
Open hearts unfurled like wings,
Saw compassion's gentle things.
Smiles like stars, diffuse night,
Songs of hope ignite the light.
Where shadow cling, footprints trace,
Love's warm glow in every space.
Eyes that see, hands that give,
Nourish dreams where kindness thrives.
Dewdrop whispers soft and kind,
Leave a bloom on every mind.
Walk with grace, hand held hand,
Golden sand on silver strand.
Every spark, a beacon bright,
Painting dreams in a radiant light.
So let your gentle spirit roam,
Blooming kindness, far from home.
For in each heart, a garden lies,
Where love's own tender sunshine
thrive.



Name: Prayag Borse
Std: VI Raman

Verses on Kindness

(Poems)

Kindness is...
A cuddly kitten
It makes you feel warm and cozy.

Kindness is...
A trampoline
Bouncing happiness from one person to
another.

Kindness is...
Lego bricks
Because kind deeds build on one another.

Kindness is...
A bowl of popcorn
Because it is meant to be shared.

I can choose to be kind,
Each and every day.
I can choose to be kind,
To everyone, in every way
When I am kind to others,
I make the world a little brighter,
When I am kind to others,
I make my heart a little lighter
So plant a seed of kindness,
And watch the world bloom
So plant a seed of kindness,
And we'll chase away the gloom.

NAME: Noman Mansuri
CLASS: 1 st Lotus

Name: Rajveer Borse
Class: 3 rd tulip

KIND HEARTS ARE THE GARDENS

Kind words are the roots
Kind thoughts are the
flowers Kind deeds are the
fruits Take care of your
garden and keep out the
weeds Fill it with sunshine
Kind words and Kind deeds.
In a world where you can be
anything,
Be kind...

Name: Purva D. Khairnar
Std : 7th Kalam

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.

When someone is hurt, get them an ice pack or a band aid.

Make others feel good and happy by giving genuine compliments.

Help someone before they ask you for help.

Help someone find something they lost.

Be positive be cheerful.

Ask someone to play with you on the playground.

Clean up after yourself and someone else too.

Smile at someone, even if they are a stranger.

Say nice words.

Give someone a pat on the back.

Clear the table after dinner.

Cheer someone on in a race.

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

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

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.

Smile and say hello to someone in the elevator.

Be patient with others.

Give flowers.



How full is my bucket?



An act of kindness I have experienced-

This incident dates to 2017 when I was 8 years old. On a hot summer afternoon, I was making my way through an overcrowded market. There were lots of people everywhere I could see as it was a Sunday afternoon. My mother had told me to bring some vegetables from the market. She had given me the list and the money, and I was off. I had just the money that was needed to buy the things which my mother had ordered so I knew I had to be careful while spending it. As I walked past a small food stall, the aroma of freshly cooked samosas blew through the air, urging me to stop. I glanced at the price board and realized that even a single samosa would stretch my budget too far. Disappointed, I turned to leave when I felt a gentle tap on my shoulder. Turning around, I saw a kind-faced elderly man standing there, holding out a hot samosa to me with a smile. "Here, take it," he said softly. "I noticed you looking hungry. I replied, "Sir, I can't accept it for free", with gratitude and embarrassment. The man chuckled warmly. "Nonsense, my boy. Consider it a gift from one human to another ". Touched by his words, I accepted the samosa with a heart felt thank you. I felt a sense of warmth spread through me- not just from the delicious food, but from the kindness of a stranger who had reached out to help me in my time of need. In a busy city, it's easy to feel lost in the crowd. But sometimes, all it takes is a simple act of kindness from a stranger to remind you that you're never truly alone.

-Sambhav Singavi

Std: - IX Raman

This is my childhood experience which made me realize the importance of kindness. This incident took place when I was grade four. Whenever I recall it, it brings tears of joy to my eyes. It was 11th of March 2018. The previous night we had shifted to our new house. I was very exhausted and without having dinner I slept. Next day, I woke up late and without having breakfast I went to school. I had also forgotten my lunch box at home. It was a very hot and humid day; the summer heat was blowing. I was hungry but it was necessary to be present in the assembly. As the assembly ended everyone went back to their classes but I went slowly because I was feeling weak. While climbing the stairs, I felt dizzy and was about to lose consciousness. My foot slipped and I was unconscious. When I came back to consciousness, I found myself in the medical room and Aarti Ma'am, my class teacher was sitting beside me. I asked her with confusion - "How did I come here?" She said that I was about to fall from the stairs due to dizziness and she was behind me. She held me and brought me to the medical room. While going back to my class, I saw the pointed end of the tile on the staircase which would have hit me badly if Aarti Ma'am would not have been there. When I realised, I thanked her a lot for saving me. When there is no one to help, others kindness saves us.

Halima Imran Teli

Std: IX Raman





How full is my bucket ?



An act of kindness I have done-

In a world often filled with hustle and bustle, it's easy to become absorbed in our own lives and overlook the opportunities to make a positive impact on others. However, one day I found myself in a position to create a ripple of goodness through a simple act of kindness.

On a cold winter afternoon as I made my way home from school through the bustling streets, my attention was drawn to a homeless individual seated on a bench, visibly shivering in the frigid weather. Witnessing this pitiful scene stirred a compassionate response within me, compelling an immediate desire to take action and offer assistance. I approached the person and struck up a conversation. His name was Shiv, and he shared his story of hardships and the challenges he faced living on the streets. Inspired by a desire to make a difference, I decided to take a small but meaningful action.

I rushed towards my home and bought a hot meal and a warm beverage for Shiv. As I handed him the food, his eyes lit up with gratitude. We chatted for a while, and I learned more about his journey and the difficulties he encountered daily. It became clear that this small act of kindness not only provided a warm meal but also a moment of human connection and understanding. The exchange was seen by other pedestrians, and they inspired each other to do something positive. Some of them had bought food and others provided blankets with warmth. The impact of that single act of kindness extended beyond the immediate moment, touching the lives of not only Shiv but also those who witnessed the event. It reminded us about the power of small acts of kindness that bring positive change and raise the spirits of both the giver and the recipient. Acts of kindness, no matter how small, have the potential to make a significant difference in someone's life. The experience with Shiv has taught me that the small act of kindness can have a long term effect, which spreads beyond its initial impact.

Name: Atharva Bhavasar
Std : 9th Raman

"Help others ,you will get blessing". This Diwali, I was thinking to help someone instead of spending money on other things. When I was thinking, my mother came and asked what I was thinking about, I told that this Diwali I had decided to help someone. My mother told me to give sweets, new clothes and some gifts to needy people. Two days later, I went to a shop to buy all the things. Near my house there is one temple of Lord Ganesh, beside that temple I saw 3-4 people sitting there with their babies, they were crying for food to eat. I gave them all the things which I bought from the shop. The babies and all the people who were sitting there became happy. And they gave their blessings to me and my mother. They thanked us for our kindness towards them.

NAME: Tanishka Manoj Mahale
CLASS: 8 th Raman

When I was in 2nd grade there was holiday on Sunday. When I woke up I saw that my mother was looking so tired. I asked her if she was feeling well or not. She was not feeling well. So that day, I did some of her work, that I could do in that age such as I broomed home and washed the utensils. Mother was very happy to see that.

Name: Janhvi S. Patil
Std : IV Rose



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 Gift of Kindness "

One day a boy named Sam was sitting in his school bus and looking outside, he saw a lame boy crossed the road with his hands as he couldn't walk. Everyday he saw him and he thought to take a wheel chair for him, but he did not have that much money.

The next day, he was sitting in the class, the teacher announced that there will be an Abacus competition for classes 6th to 10th. It had district level, state level, national level and International level. The one who would win the 3rd prize will get rs.15,000, 2nd prize will be of rs.20,000 and the 1st prize will be of rs.35,000. Sam's eyes sparkled, he thought that if he wins the 1st prize he can get money to help the lame boy.

From that day, he started preparing for the Abacus Competition. He qualified for district level, state level, national level and was finally qualified for International level. He was very happy.

On the exam day, Sam entered the examination hall, he was a little nervous but then he started imagining the lame boy and was motivated. He tried his best in the exam. After two hours, the result was announced. He was panting and the announcer announced "The first place is bagged by.... Sam" Sam was overjoyed, his happiness knew no bounds. His father asked, "My child why did you take so many efforts for the competition?" Sam replied,

"Dad I won this prize not for myself but for a lame boy whom I see everyday at the traffic signal. I wanted to give him a wheel chair. His parents felt very proud of him. The next day, the whole family went to the lame boy and gave him the wheel chair". The boy was overjoyed. He thanked them with a big smile. Sam and his family happily came home.

Name - Aniya Khainar

Class - 6th Raman

"Story of kindness"

It is spring. The rabbit comes out of his hole in the field. He saw a boy carrying a cage containing a bird. The boy hanged the cage down a tree and sat to rest. The rabbit approached the cage. "Help me my friend." The bird said. The rabbit felt sorry for the bird and whispered to him "Pretend to be sick." The boy was angry, "Oh rabbit, go away from my bird." He shouted. The rabbit ran away and hide behind a fence. The bird turned upside down, he raised his legs and closed his eyes. "What affected my bird." The boy cried with amazement. He opened the cage and stretched out his arm to check the bird. The bird quickly slipped on a tree and the rabbit ran towards him. The bird perched near him and chirped, "Thank You". A lot of rabbits came and many birds flew happily. The bird snatched a feather from his tail and put it behind the rabbits ear. The rabbits were pleased with the feathers and went on jumping.

Moral - Kindness is giving hope to those who all think they are alone in this world.

Name-Kejal Patil

Class - 3rd Rose



Stories on Kindness



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Moral - Kindness is giving hope to those who all think they are alone in this world.

Name-Kejal Patil
Class - 3rd Rose

"The Power of Listening"

In a small village, an old lady named Mrs. John lived alone. She often felt lonely and looked for someone to talk to. One day a boy named Sam came to visit her and asked if she would share stories from her past. Mrs. John eagerly shares her stories and Sam listens intently, showing genuine interest. The little boy's act of kindness brought joy to Mrs. John's heart reminding everyone that sometimes all we need is a listening ear to make a difference in someone's life.

Moral: Listening and showing genuine interest can bring comfort and joy to others.

Name - Swararaj
Std: 3rd Rose



Stories on Kindness

Once upon a time , a little girl was ill in a hospital with a rare blood disorder and was badly in need of a blood donor but a match could not be found .So,as the last result , her six year old brother was checked as a match and it matched to everyone's relief.Both his mother and doctor sat with the little boy and explained how much his blood is helpful and needed for his sister so,she would not die.

The little boy waited few moments , then asked if he could think about it. The mother and the doctor agreed. The following day the little boy sat in front of the doctor with his mother and said he agreed to give his sister the blood which

She needed the most. The mother was happy as well as sad , the hospital staff moved the boy with his sister in the ward and all the setup was done.The brother was sleeping beside his sister and the blood was transferred to her . The little boy stood near the doctor and quietly asked, "How long will it take me to die?".

The doctor smiled at the innocence of the brother and wondered that the little boy was ready to give his life for his sister ,though he was mistaken that after donating blood ,he will die. The doctor said , " Don't worry ,you will not die , but your sister will get a new life".

Name:Purva Wagh

Std : 8th Raman

BE KIND TO EVERYONE YOU MEET

A Beautiful story of kindness

An unemployed graduate woke up one morning and checked his pocket. All he had left was 10\$ he decided to use it to buy food and then wait for his death as he was too proud to go begging. He was frustrated as he could not find any job and nobody was ready to help him. He bought food and as he sat down to eat, an old man and two little children came along and asked him to help them with food as they had not eaten for almost a week. He looked at them. They were so weak that he could see their bones. Their eyes gone into the socket with the last bit of compassion he had; he gave them the food. The old man and children prayed that God would bless and prosper him and then gave him a very old coin. The young man said to them "You need the prayer and more than I do." With no money, no job and no food the young man went under the bridge to rest and waited for his death. As he was about to sleep, he spotted a newspaper on the ground. He picked it up, and suddenly he saw an advertisement for people with old coin to come to certain address. He decided to go there with the old coin, the old man had given him. On getting the coin, the proprietor screamed, brought out a big book and showed the young man a photograph. This same old coin was worth 3 million dollars. The young man was overjoyed as the proprietor gave him a bank draft for 3 million dollars within an hour. He collected the bank draft and went in search of the old man and the little children. By the time he went where he left them eating, they had already gone. He asked the owner of the canteen if he knew them he said "No, but they have left a note for you. He quickly opened the note thinking it would lead him to find them. This is what the note said,'You gave us your all and we have rewarded you back with the coin.

Message of the story: Learn to be hospitable, for you may not know when you will entertain angels.

NAME: Pratibha singh

Std : 8th Raman



Stories on Kindness



Caleb was a very selfish boy. He never Shared his toys with anyone. His Parents were, worried as to how to teach him the importance of kindness and sharing. Then, one day, Caleb was returning from school on his new bicycle. As Caleb was watching, a boy fell into a ditch and hurt himself. The boy cried,Ah! I can't move my arm.Caleb would never help anyone but that day, he felt Sad for the boy. So, he rushed to him and helped him to stand up. He said to the boy,Looks like you have fractured your hand. Sit behind me and I'll ride you to the hospital.Later, that evening, the boy's parents visited Caleb and thanked him,You are very kind boy. God will always bless you". After they had left, Caleb's father said, "Son, see the amount of blessings you have received bybeing kind and sharing".Caleb understood the importance of being kind and decides to share always.

Name: Anaaya Shah

Std: 3 rd Lotus

"The Power of Listening"

In a small village, an old lady named Mrs. John lived alone. She often felt lonely and looked for someone to talk to. One day a boy named Sam came to visit her and asked if she would share stories from her past. Mrs. John eagerly shares her stories and Sam listens intently, showing genuine interest. The little boy's act of kindness brought joy to Mrs. John's heart reminding everyone that sometimes all we need is a listening ear to make a difference in someone's life.

Moral: Listening and showing genuine interest can bring comfort and joy to others.

Name - Swararaj

Std: 3rd Rose



Spread the Word



Book Recommendations

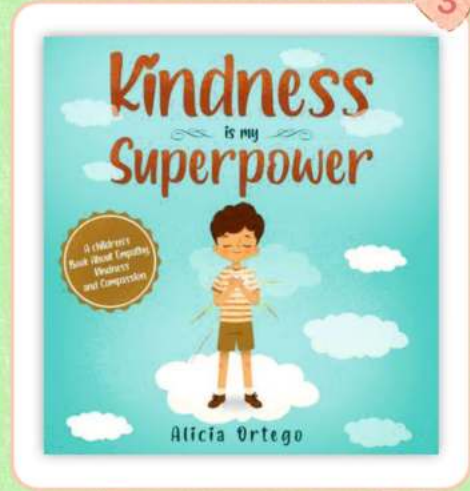
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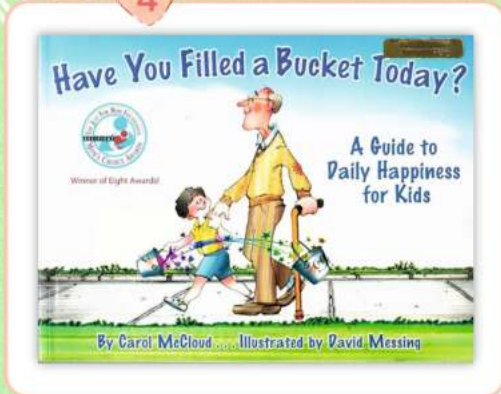
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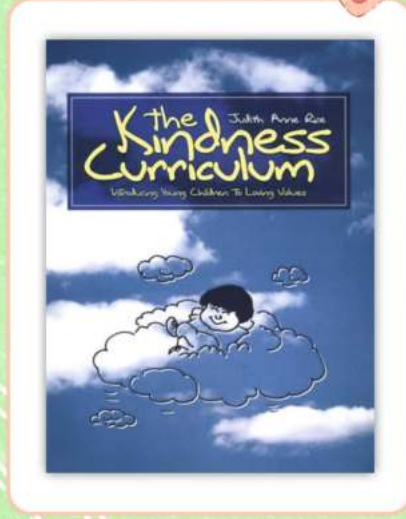
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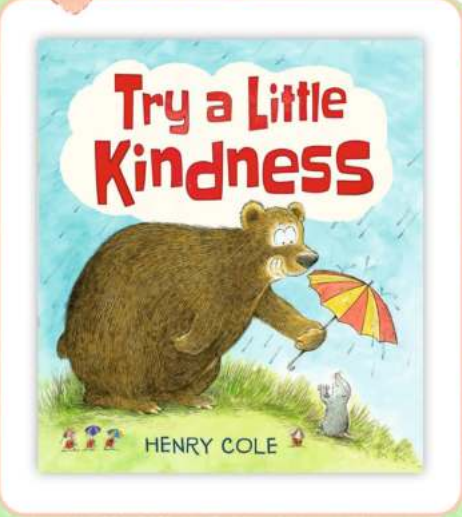
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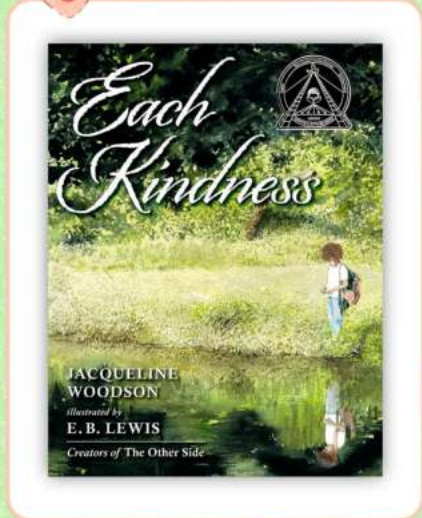
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8



Movie Recommendations



Charlotte's Web



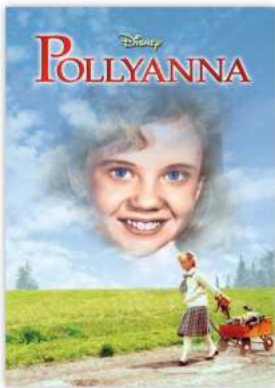
Wonder



Paddington



Far from the tree



Pollyanna



Up



Trolls



The boy who harnessed the wind



Elephant Whisperers



The Iron Giant

Review

Movies & Books

Title of the Movie/Book:

Book Review: Try a little kindness

Movie/Book Summary:

In this funny picture book, best selling illustrator Henry Cole shows kids different ways to be kind with his hysterical cartoon animal characters.

Each page features different way to be a good person, like using proper manners, telling someone they are special or sharing a treat. The text is accompanied by two or three related vignettes of different animals giving examples of ways to be good.

It has concrete examples of ways to be kind and was a great introduction on helping students brainstorm ideas by which we can make our school a better place, positive and excellent.

Movie/Book Reviewed By: Nikunj Patil

Std: 6th Raman

How many hearts will you give this movie?

(1 heart means the movie was really bad. 5 hearts means it was great!)



Title of the Movie/Book:

Each kindness- Jacqueline Woodson

Movie/Book Summary:

I think this book gives the true meaning of kindness. It also shows to be kind and value everyone because you never know they will be gone. If you already read the book you know that Maya moves away. Probably because of her health. Chloe learns a very valuable life lesson. Be kind to all people. Maya was so sweet and kind. All she wanted were friends. I surely recommend all of you to read this book, it literally touches my heart.

Movie/Book Reviewed By: Name: Priyanshi Deepak Thorat

Std: 7th kalam

How many hearts will you give this movie?

(1 heart means the movie was really bad. 5 hearts means it was great!)



Title of the Movie/Book:

The Boy Who Harnessed The Wind

Movie/Book Summary:

"The boy who harnessed the wind", is a remarkable true story about human inventiveness and its power to overcome crippling adversity. The Movie is inspired by a science book, a 13 year old boy named William Kamkwamba builds a wind turbine to save his Malawian village from famine. William starts searching in books for a solution until he comes across the picture of a windmill. Soon, news of William's "electric wind" spreads beyond the borders of his home, and the boy who was once called crazy became an inspiration to those around the world.

Movie/Book Reviewed By: Name: Veda Momaya
Std: 8th Raman

How many hearts will you give this movie?

(1 heart means the movie was really bad. 5 hearts means it was great!)



Title of the Movie/Book:

"UP"

Movie/Book Summary:

"Up" is a movie that tells the story of an old man and a young boy who in their search for adventure develop a connection. We learn the act of kindness from this movie is what it's like to feel about another person's presence when we feel sad and lonely.

Movie/Book Reviewed By: Name: Amatullah Bohri
Std: 8th Raman

How many hearts will you give this movie?

(1 heart means the movie was really bad. 5 hearts means it was great!)



Brain Play

Time to challenge yourself!

Riddle
 What has a head and a tail but no body?

A	J	H	L	S	Q	O	R	V	W	H	L	M	F	E
O	M	N	H	T	M	E	C	M	P	K	R	H	A	N
F	T	A	V	U	S	Z	T	O	C	B	T	B	N	C
P	R	O	Z	P	D	B	E	I	L	F	C	L	T	O
E	J	H	E	I	C	U	B	A	R	V	T	E	A	J
R	X	C	J	Z	N	G	A	I	Q	A	F	S	S	R
D	T	O	X	S	L	G	E	Z	P	W	F	S	T	A
H	E	B	H	Z	X	N	U	F	O	X	Y	E	I	G
M	X	Z	J	E	D	L	O	V	I	N	G	D	C	E
N	D	P	C	L	L	I	C	O	N	S	O	L	E	S
I	B	S	Y	H	W	P	L	Z	K	I	C	B	M	L
Q	K	C	J	A	T	S	F	I	G	C	O	I	J	K
Y	D	K	H	P	Y	D	E	U	J	B	G	N	F	I
R	E	R	D	P	G	S	A	F	L	Q	A	M	U	I
N	T	T	N	Y	U	T	H	A	N	K	Y	O	U	D

- Amazing
- Console
- Share
- Happy
- Respect
- Thank You
- Friendly
- Fantastic
- Loving
- Encourage
- Helpful
- Blessed

Find words associated with acts of kindness in the above given word search puzzle.

How many acts of kindness can you find?



An act of kindness

An act of Kindness performed by the student



Spotlight @ PIS



Spotlight @ PIS



Kindness Crafts



Popsicle stick bird feeder

- ~ popsicle sticks
- ~ glue
- ~ paint
- ~ bird seeds
- ~ rope



DIY Candy Vending Machine

- ~ cardboard
- ~ glue
- ~ rubber band



Let's spread some kindness around by making this bird feeder and Candy vending machine which can be put up in public places like, gardens or parks.

SHARE

RESPECT

CARE

HUG

APPRECIATE

LOVE

SMILE

