

THE QUIRRO

Mag

The Kindness Trail



CARE



APPRECIATE



HUG

RESPECT



LOVE

SMILE



Volume 2 | 2023 - 24

PIS

Kanakapura

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FROM THE
PRINCIPAL'S DESK



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Kindness is a cup of goodness
Which fills your heart and soul to the
brim
That It fills the people with happiness
And truly with it No one will ever be
grim
Drink it now, drink it then, and drink it
with pureness
For your kindness will be like a hymn.

-Gayatri V

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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



Kindness is the most beautiful characteristics that you can possess. The word itself is so soft and beautiful. You can see a kind smile, kind eyes, kind touch, kind hug, kind pat associated with the word kindness. You forget your anger, hurt or revengeful nature when you meet a kind person. Kindness is not the sign of a weak person, it is the sign of tremendous power a person can possess.

For ex: The beautiful earth that we live in- it allows you to walk, work, play, sleep on it without hurting you, that is why we call earth as Mother Earth- Isn't that kindness. Your mother is another most important symbol of kindness. Your Father whose selflessness you would have experienced is an epitome of kindness.

How can I become a Kind person?

Action and reaction are equal and opposite- Think about it -----you receive kindness, you give kindness, Reflect on every action of yourself- What, Why and How of all your actions, check-- did your actions or words hurt/insult anyone, were you rude, were you arrogant, were you impulsive, if you were and you realise it, try not to be rude, arrogant or impulsive. Learn to think and act- think twice before you say something hurtful to anyone.

How will we know if a person is kind?

When you are comfortable talking to a person, when the person is empathetic, when a person helps without expecting something in return, you will recognize a kind person when he looks at you with kind eyes, speak kind words, helps you in need.

Being kind is an attribute that you already have- it can be developed by being to animals, insects, birds, flowers, brothers and sisters, friends, parents, teachers, bus didis, didis at school, children less fortunate than yourself.

Take a conscious pledge that you will be kind to all around you.

Kindness is a cup of goodness
Which fills your heart and soul to the brim
That It fills the people with happiness
And truly with it No one will ever be grim
Drink it now, drink it then, and drink it with pureness
For your kindness will be like a hymn.

Gayatri V



Kindness is Contagious

In this world, which is often dominated by chaos, conflicts, harsh behaviour towards the fellow human beings, there is a present a simple but potent force known as 'kindness'.

kindness is not just a simple gesture. it is very contagious and its spreads like wild fire and creates a sipling effect.

kindness has an inherent ability of starting a chain reaction of similar thoughts and actions. for ex: if you help a person in a situation, then that person is likely to help you help others in future.

the act of kindness is also repeated again and again as often doing such gestures a person s heart pumps up and feels a certain warmth in his body and he also feels very happy and proudful.

scientifically this repel effect is feuled by various nenrotransmitters such as dopamine, oxytocin which creates a sens of connection and joy between the people.

The act of kindness is contagious and repetitive due to its simplicity. It dosen t require hard efforts and time as it can be as simple as picking a thing fallen off a persons bag and returning it to them. this simple loking task also connects the people and rise a feeling of joy.

This act is very important in the society in order to connect communities and eradicte the sens of differences and sort of hatred as it is beyond the boundaries of language, culture, nationality, religion and any other differences.

so as we move forward in life lets remember about this catalist of behaviour change but can mould the society in a better place to live and transfer societal connections like waves of water.

By :Karan Goel
Grade 9





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)



Kind hearts are the gardens
Kind thought are the roots
Kind words are the flowers
Kind deeds are the fruites

Take Care of your garben
And Keep out the weeds
Fill it with Sunshine
Kind words, and Kind deeds

BY: Chaihanya.V.

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.

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.

Give someone a pat on the back.

Say nice words.

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-

This is an incident when i was 13 years old.

Me and my family had to attend a function of our relatives to where we were invited. At that time i was very fond of

cameras. There was a team of photographers who were to take the photographs of the function. There was rooms given to all the people as it was for 3 days. There was a shortage for the room for our family. The photographers said that

we could stay in their room. Me and my brothers stayed with them. They were very friendly to us and we enjoyed a lot. When one of my brother told them that i was fond of cameras

they came to me and gave me one of their cameras to me to just explore it.





How full is my bucket?



An act of kindness I have done-

I was the happiest person. Their kindness taught me that if a person's dream could be fulfilled by the resources available do it. When you make a person happy, it makes your day.



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



The Forgotten Smile

In a busy office, an employee named Lisa had a habit of greeting everyone with a warm nature smile. His jovial with lightened up the atmosphere and raised the spirits of the people. One day, a new employee joined the firm. feeling overwhelmed, the new employee went invisible and unnoticed until Lisa came up to him with her infectious smile.

Small acts of kindness make the new employee feel welcome make the new employee feel welcome and valued while reminding them of the importance of kindness in creating a positive work environment

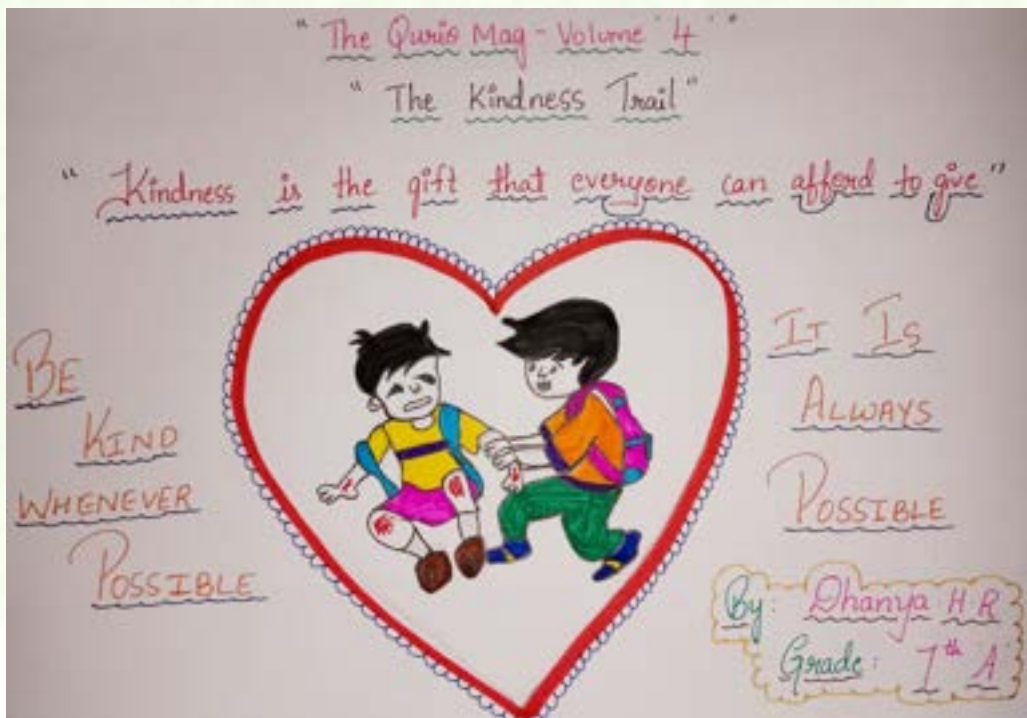
By: V.Chaitanya



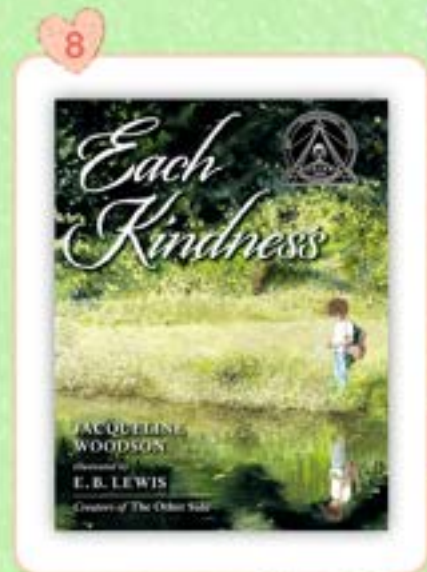
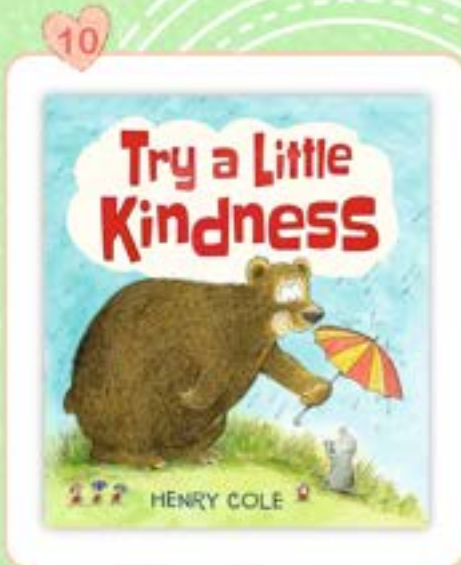
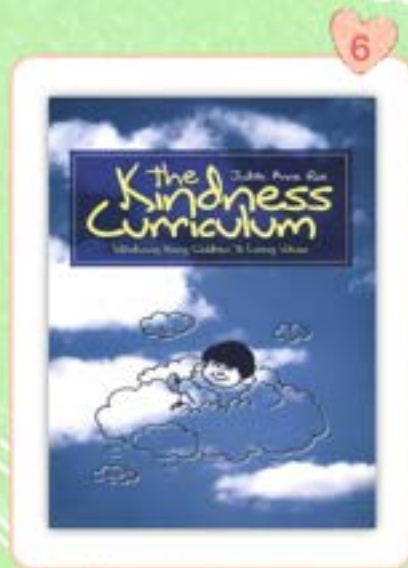
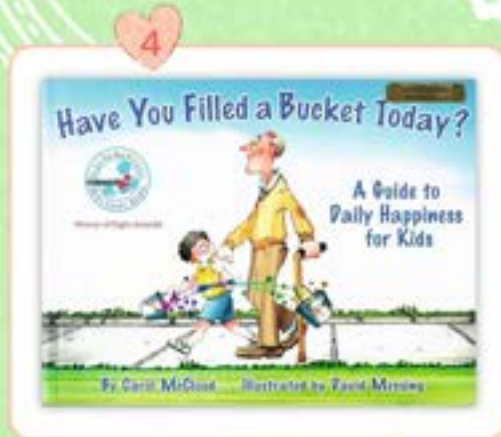
Spread the Word



By: Gowri Gowda P



Book Recommendations



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

Title of the Movie/Book: **The Elephant Wisper**

Movie/Book Summary: A heartwarming journey into the lives of India's remarkable elephant caretakers" The Elephant Wispers "is a beautiful - and mowing documentry that tills the story of Bomman and his family, who have been caring for elephants for Generations. The film follows Bomman as he teaches his young • Son the ancient art of elephant whispering, a unique Shill that allows humans to Communicate with these gentle Giants- love, respect, emotion and kindnes. They have dedicated their lives to the care of animals elephants, and their passion for these animals is evident in every fame of the film. The film also explores the challanges that elephant caritakurs face, such as the threat of peaching and habitat loss "Elephant Whisperers" is a monie anyone is lothing for a heartwarming and thought provoking film. It is a film that will stay long after the budits holl

Movie/Book Reviewed By: Janani .G.D

*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 Forgotten Smile**

Movie/Book Summary: Kate is bored of being overlooked by her grown-up children and decides to escape on an Aegean cruise. She ends up in Keritha – a mysterious Greek island all but forgotten by the modern world. There she encounters her childhood friends, the Challoners, returned to the island of their birth to claim their heritage.

Movie/Book Reviewed By: Shivamsh V Relekar

*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



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



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- KANAKAPURA