



To help children learn the virtue of being kind, Sat Paul Mittal School organized a workshop on 21<sup>st</sup> July, 2017. The resource person was Mrs. Abha Sikri, mother of Falit Sikri of class IV – A and Vidit Sakri of class PV-C. She stressed on doing one kind thing for someone every day, making a conscious decision at the beginning of the day what that kind act will be and make time to do it during the day. She encouraged children to be kind, friendly, and compassionate when they interact with someone, and even more so with their parents though different activities. The videos shown conveyed that being kind doesn't have to be a grand gesture. It can be as simple as holding the door for someone. It's up to us individually to spread kindness in the world. When you're kind to other people, other people will want to be kind back. If you treat people how you would like to be treated, the outcome will be positive. The mantra for happiness is to go an extra mile, spread a smile and be kind.