



MINDSCAPES

FEBRUARY 2018

Mother Teresa has been considered as an epitome of Altruism. She selflessly and dedicatedly served the sick and needy people of all ages. This gesture of being kind and receptive towards the needs of others not only benefits an individual or a group, but society as a whole.

This newsletter is based on the belief that service is greater than worship. We hope that this newsletter inspires our readers to serve others in their own little ways and express their love towards mankind, in general.



Helping hands are better than praying lips.

Mother Teresa

HELPING HANDS



LOVE

This month's **MINDSCAPES** focus on building within us a sense of unselfish, selfless and self-sacrificing attitude that will enable us to engage in prosocial behaviours that may eventually help in nurturing a Humane Citizen.

RESPECT

As grown ups, we all can play a significant role in nurturing these traits among children from early age. These can be fostered through teachings, modelling and contributing. When children observe their elders demonstrating these qualities, they acquire them easily and engage in similar behaviours very spontaneously.

EMPATHY

KINDNESS

We all must join hands together in cultivating such altruistic approach within our children so as to make this world a better place to live in.

COMPASSION



To help children develop an ability to feel, think and act for others, following qualities are needed to be fostered. Each quality mentioned below is a powerful pathway towards building a healthy, positive and peaceful community for our children to live and grow in. We can consciously make efforts to impart these values within our children and help build a society based on love, trust and peace.



The term Love focuses on the ability to perceive at least one virtue in others and accept them unconditionally. Parents can set an example by embracing the negatives or weaknesses of others and by loving them unconditionally. This will encourage the children to accept others irrespective of their shortcomings and /or limitations, if any.



Respect is showing honor or high regard for other people's feelings or possessions. Parents play an important role in teaching children what respect in the numerous ways like respecting their time, limits and preferences. By showing appreciation towards their efforts and being sensitive towards their needs, children grow up feeling respected.



Empathy is the ability to understand other's from their perspective and feel what they are feeling. By being empathetic, we are teaching our children to be sensitive towards others, understand their feelings and respond proactively to their needs. Greater the empathy leads to more helping behaviour. With empathy, we are encouraging prosocial behaviour among our children.



Kindness is one of the core human values that we all must nurture as a social being. It is a quality of being friendly, generous and considerate. It is important that children are taught to be kind towards any living creature that they come across. Through this value, a sense of community is created when people are kind and engage in small acts of kindness.



Compassion is the desire to help someone who is in distress. It is a feeling and an act, and the best way to teach it is to put it into action. Children can learn to be compassionate by volunteering in various organizations or by encouraging them to give back to the community. By exercising compassion, one understands the roles and responsibilities of being in a community.



Children must grow with a sense of being part of the community they live in. This will develop a feeling of belongingness and responsibility towards the people who are a part of the community. We as grown-ups can start a culture of actively involving ourselves in some community programs and set an example for our children to actively participate in such events. They can be encouraged to plan an event or create one with their friends.

Children can be encouraged to volunteer in various organizations that work for animals (Animal Rescue Center), Special Needs Center (Autism Center), World Wildlife Center etc. One can also contribute in their home country as their vacation activity.



RANDOM ACTS OF KINDNESS.



Random Act of Kindness is a selfless act performed by people to help or cheer up any random stranger, for no reason other than to make someone happy. It can be done by buying a snack or coffee for some stranger or lending a helping hand to some elderly etc.

Volunteering can be a family activity in which all the members participates in activities organized for a specific cause or for certain group of people. By seeing their elders enthusiastically involved in such acts, children will feel encouraged and will look forward to actively engage in such noble acts.

**DOING
GOOD
TOGETHER™**

There is no better quote than this to summarize the topic of this month's newsletter:

'If I cannot do great things, I can do small things in a great way'

- Martin Luther King, Jr.

Following sites will be helpful to know and explore more on how we can encourage our children to grow as a Humane Citizen.

- www.psychologytoday.com/blog/the-power-prime/201407/5-ways-instill-compassion-in-
- [https://greatergood.berkeley.edu/article/item/seven ways to foster empathy in kids](https://greatergood.berkeley.edu/article/item/seven_ways_to_foster_empathy_in_kids)
- <https://mcc.gse.harvard.edu/files/gse-mcc/files/empathy.pdf>
- <https://www.insydo.com/article/the-top-eleven-organisations-for-volunteering-in-dubai>
- www.edarabia.com/123772/13-charitable-organizations-in-dubai-abu-dhabi-to-volunteer

***We hope that this newsletter
help us make our journey
successful from
Human Being to Being Human***

Our next newsletter will be on:

ENHANCING



