

The background is a vibrant yellow color. It features a pattern of white, irregular geometric shapes, primarily triangles and quadrilaterals, scattered across the surface. Small yellow dots are placed at the corners and along the edges of the page, resembling pushpins or fasteners. A large white rectangular area is centered on the page, containing the text.

# Kindness

The quality of being warmhearted,  
friendly, generous, and affectionate.