

St Mark's Word of the Week



Altruistic

Are you familiar with this word?

What does it mean?

Can you use it in a sentence?



Altruistic (adjective)

Definition

Showing a desire to help other people and a lack of selfishness

Examples:

- Many people can incorporate altruistic activities into their everyday life with small acts of kindness.
- Giving up your seat on the bus to someone who needs it more than you is an altruistic act.
- Altruistic behavior links to a range of benefits, like improved emotional well-being and physical health.

Can you come up with your own?



Altruistic (adjective)

Definition

Showing a desire to help other people and a lack of selfishness

Can you think of any synonyms?

- Selfless
- Unselfish
- Kind
- Generous
- Philanthropic
- Compassionate

Can you think of any antonyms?

- Selfish
- Uncharitable
- Unkind



What does this have to do with our Mission of the Month?

Mission of the
Month

**Preferential
option for
the poor**

A preferential option for the poor means that we carry out **altruistic** acts that consider the needs of the poorest and most vulnerable first.

What might you do this month that is an altruistic act?

