

The Power of Kindness

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Keep your head down, and just keep walking, continued to repeat in my head, as I moved swiftly to the girls bathroom. I had just spilled my drink all over my new pants, I had forgotten to bring my homework to school, and I was in a *very* bad mood. It was just not my day. Everyone has an 'off day' once and awhile, but mine was absolutely *horrible*. And to keep myself from bursting into tears, I kept telling myself to keep walking, keep going. However, for the moment that I briefly glanced up from my speed-walk to the restroom, another student was coming down the hall. She was chatting with someone else, and for a second, she made eye contact with me and gave a small smile. She probably didn't even know how much better that little smile made me feel. And because my day was so upsetting to begin with, all I really needed was just that ounce of joy to get through the rest of it.

It was then when I realized how much kindness can affect someone's entire day.

Doing something that will make someone happier, but not benefit you in any way, is something not a lot of people take into consideration. But doing something so simple and easy, like that girl who smiled, can change a person's whole perspective. Making a person's day without expecting anything in return is not only showing kindness, it's making *both* people happy at the same time, just like the expression; *Kill two birds with one stone*.

I think the best thing to make someone feel so utterly joyful, is to just simply ask about them. Everybody feels good when they talk about what they love, how they're doing, or what they're passionate

about. *I* feel appreciated when someone asks about *me*, because it proves to show that they care for what I have to say. For me, not much can overpower that warm feeling.

Little do some people know, but the impact of a simple compliment can rewrite your whole day. Even if it's just on your appearance, compliments always feel good. And it doesn't cost anything to say "hey, nice shirt," or "I love your hair," to anyone. *Especially* when all that it will do is make them beam. What's a better feeling than making someone smile? Saying something nice is sweet, and wonderful enough to show that the little things in life matter. And if you can't do the little things right, you'll never be able to do the big things right. So take the time out of your day, even for just a moment, and spread some kindness to somebody else. You never know the impact that it could have on them.

Being kind does not grant you any 'bonus points,' it doesn't get written down on a 'good job' list, you don't get paid for being friendly, and sometimes, no one ever sees you doing it. But just because you being nice doesn't get broadcasted everywhere, doesn't mean it shouldn't happen. The best thing that you could ever get in return for your kind actions, is *respect*. It's something not everyone has. If people have respect for you, then you're showing that kindness isn't impossible to inquire. Being genuinely considerate, does nothing but bring a smile to someone else's face. Why would anyone *not* want to do that? Francis of Assisi once quoted, "For it is in giving, that we receive." And just like melting ice, kindness makes all the hatred disappear.