Kindness

Henry James, an American writer, once said that three things in life are important. The first is to be kind. The second is to be kind. And the third is…to be kind. I could easily wish for an A+ on my spelling test, but if I don't do the work, I can't get the A. I could wish for a cure for cancer or for world peace, but I'm still young. I would love to have these things, but I can't do anything about them. Well, maybe someday I can, but for now there are things that I can do, and one of them is to be kind.

Bullying is when a person hurts another person by saying mean words or using actions to physically hurt them. Did you know 1 out of 10 students drop out of school because of repeated bullying, and that 3.2 million students each year are victims of bullying? Not just physical bullying, but also emotional bullying and cyber bullying. This is so sad, but you know what? We can change this if we can all just be kind.

You can be kind, not just to your best friend or your neighbor, but to a total stranger. All you have to do to be kind…is smile. That's it. Kindness is simple! You can smile at someone at a store, and that could make their day. Plus, chances are, they'll smile back. That can make you feel good, too.

If there's a student in school who's always alone, they could get teased, they could be bullied for having no friends. They could turn out to be one of the victims of bullying who drop out of school. But what if, the next time you see that person, you go and talk to them. So they don't get teased. So they don't drop out of school. So they have a happy life.

So let's go and do something. And I mean, right now! Right this second! Your kindness could change someone's life. (335wds)