Act of Kindness Essay

Kindness—a simple word that is brought to life by the actions of people. Throughout my life, I have often taken the role of the observer and witnessed people show kindness with both small and large actions. Personally, I think that kindness does not need to be shown extravagantly—a simple act of picking up an item that fell on the ground is kind, but we often overlook this. When reading that sentence, it is easy to associate kindness with human to human interaction, but it is also important to bring attention to the kindness that we can show to the environment. As this world’s climate crisis worsens, it is becoming ever more important to show kindness to this Earth, no matter how small or insignificant our actions may seem.

One act of kindness towards the environment that stands out in my mind is a couple who regularly picks up trash at the beach. Almost every time I go to the beach, I see the same couple pick up the overflowing trash in the recycling bins and any other waste that litters the natural environment. This is touching to me because they take a little time out of their day to do something good for the environment and help keep the beach clean for others. It is easy to see that people often do not do their part in keeping the beach clean—I frequently see people litter without giving it any second thought. As a result, this can harm native wildlife and become detrimental to the natural environment in the long-term. Thus, picking up a couple pieces of trash just like the couple whom I described is an act of kindness that we can all do for the betterment of our environment, and a plus is that it can take as little as five minutes to do.

Secondly, another act of kindness towards the environment that I witnessed was when my school set up composting bins for the waste generated by the cafeteria. During my second year of middle school, my school selected students and staff to help others dispose of the food and utensils on their plates into the proper bins. Non-compostable items such as plastic spoons and
forks were put into separate bins than food and milk. After everything was sorted into the proper bins, students would bring the compostable items into the compost yard where the leftover food scraps became fertilizer for plants. The process of composting is great for the environment because waste is transferred back into the Earth where it can give growth to new life. My school put lots of effort into making the compost yard and also taught students that composting is one way to be environmentally friendly. This was influential to me and my fellow peers, but most importantly, was kind to the environment.

The final act of kindness to the environment that I would like to describe is when my friend adopted veganism to reduce her carbon footprint. During freshman year, I became friends with one of my classmates and found out that she was a vegan. She explained to me that she and her mom had recently adopted veganism after learning about the pollution caused by the meat industry and overfishing. This was eye-opening to me because I have been eating meat and fish my entire life without knowing what negative effects it causes to the environment. My friend's dedication to veganism was inspiring to me, especially because adopting veganism is not an easy thing to do. She showed an amazing act of kindness to the environment and ultimately inspired me to learn more about veganism and how it benefits the environment.

Overall, kindness can be shown in many ways and I have been lucky enough to witness many inspiring acts of kindness so far. Small actions, like the ones described above, give me hope for our future and show how easy it is to make a difference. Ultimately, we can choose to set an example for others to follow by showing kindness to our planet.