Acts of Kindness

What is kindness? Well, there are many definitions of kindness, you could think its warmth or even strength. Those are all good examples but kindness to me is helpfulness, courage, and thoughtfulness. Kindness could be picking up trash on the street, helping a classmate who needs help with some homework or classwork, and even something as little as complimenting someone else’s clothes. If you don’t know what kindness is and you want to be kind, then this article is for you.

I think that everyone should know that helping others is a kind thing to do, but not everyone knows how you can be helpful. One way to be helpful is to do a chore (that you don’t have to do already). By doing a chore you will make your parents life easier which means you get to spend more time with them. One real world example is when I was at Foodland the other day a lady dropped a drink on the floor and spilled it everywhere. Then, a man walked by and yelled to everyone in the checkout area that she was a loser. The lady who spilled her drink seemed really sad but another man walked by her and offered to help. I was not in the store to see what happened next but I know that the person who helped the lady was being helpful and kind which means that me and you can too.

Being courageous is a good way to be kind. There are many ways that you can be courageous that you might not even know. Here is an example of being courageous. Say that one of your friends is being bullied but are afraid to stand up for themselves, you can be courageous by standing up for them by telling an adult or by confronting the bully yourself. Another example of being courageous is confronting one of your fears. It
takes a lot of courage to confront your fears. You might be asking, how is confronting one of my fears kind? Confronting fear is being kind to yourself by admitting what your fear is and not being so afraid of it anymore.

Thoughtfulness is a really good trait. People who are thoughtful are known to be kind, and I am guessing that if you’re reading this you want to be a more kind person. One way to be thoughtful is by giving someone a gift or present. You might be thinking why would I just randomly give someone a gift? If someone does something kind to you that was really meaningful then one way to repay them is by giving a gift. By doing this you will be known as a thoughtful person. You could even just give a gift to a friend or family member randomly for them being a good person to you. Another example is trying to brighten someone up if you know that they are having a bad day. Some examples are telling them a joke, making them food, and even offering to do something with them like playing a sport. Doing some of those kind things can really make someone happier, and when you make someone happy that means you are being kind.

After reading all of that you might know some ways to be kind that you never knew before. You learned some ways to be helpful, courageous, and thoughtful. Of course those aren’t all the ways to be kind so I believe that everyone who reads this essay should find other ways to be kind. Even I am still working on it which means that you should too. I hope that reading this essay helped you learn what kindness is and some ways to be kind.