

Acts Of Kindness

Love and kindness are never wasted. Kindness affects and helps people everyday. Kindness can be helping and doing good deeds in your local community which benefits everyone. To me, acts of kindness include helping others, giving compliments, doing random good deeds, and respecting others to make them feel good are all great ways to show acts of kindness in your community.

You can help others by donating, helping people succeed with you, and helping lift others morale. When you donate whether it's to the food bank or a cash donation it can all help less fortunate people. You can help people walk across the street or carry heavy groceries for them. You can also lift others' morale by opening the door for them or bake cookies for a neighbor. People will do good karma for you and will make a domino chain reaction so everybody will say good things to others. You can help your local community in all sorts of ways to better yourself and others and make everyone feel good about themselves.

February 17th is national kindness day, a big part of kindness is compliments. You can make someone's day by complimenting them out of the blue. Some good compliments can be saying, "thank you" or saying that they, "look nice." Some good compliments can be, "You're an incredible person" or, "you should be proud of yourself." When someone compliments me it makes me feel infectious to compliment others to make a nice happy environment.

When you respect others you listen to them to make them feel like they matter. Another way to make them feel like they matter is by using polite matters like, "please" and, "thank you". Showing respect makes you look civilized and look like a nice person and friend to have. When you are respected and people do not talk over you it feels great, you have the power to make everyone you meet feel like that about themselves which is why you should spread it around too!

Surprising someone with random good deeds is also a very nice thing to do. Not all good deeds have to cost some money. Some good examples are donating your old clothes to the Salvation Army, planting a tree, or doing errands for someone and don't expect anything in return. Some ideas that you can do if you have some money to

donate are Donating to a good cause, paying for the person behind you at a grocery store, or leaving surprise money for someone at a vending machine.

Kindness helps and makes everyone happy in your local area. Acts of kindness that I stated are good ways of showing kindness. You can think of some ways to show kindness in your local area with some ideas I listed. I personally have done different fundraisers to benefit the community of my neighborhood. Kindness is important to a friendly person, anyone would like to be around someone who has polite manners. "We rise by lifting others" - Robert Ingersoll stated.