Changing Lives

Sometimes a small act of kindness is what someone just needs, especially those who seem to be having a bad day. Being kind benefits both the person giving that kindness, and the one receiving it. The positivity that was sent to that person will be spread throughout. It may seem cheesy, but kindness helps us connect and bond with others. Kindness holds an important message and can help our world become a better place for us. A simple, yet effective act of kindness is saying hello to someone.

I was a quiet student. Of course, I had friends, but I kept to myself and never talked to anyone else that I wasn't familiar with. I'm perfectly fine with my current group of friends, and I didn't want to change that until I got an assignment from my teacher to perform an act of kindness. Specifically, we had to say hello to someone that we don't know and befriend them, if possible. This worried me because I did not like the idea of making an awkward conversation with someone I didn't know. What if they think I'm weird? What if I embarrass myself? What would be there to talk about? I sat in my room and gave it some thought. I saw many kids that sat alone at my school, and realized that I sat in their shoes too. I used to sit alone by myself, but was suddenly approached by someone who is now considered a close friend of mine. Maybe it's about time I spread that positivity as well.

After building up the confidence to do so, I went up to someone and tried talking to them. I had it planned out. If they looked uncomfortable, then I would just say a simple "hello" and leave. Otherwise, I would stay for a little while and try talking to them. It was a bit of a challenge for me because I didn't really know what to talk about. Luckily, they had similar tastes as me and it went well. Following that day, I continued talking to
them and we are now friends. Looking back at it, they looked happy that they had someone to talk to. They didn’t feel isolated from everyone else that had friends and had a sense of connection and purpose. Naturally, I felt happy as well. Happy that I talked to someone and made a new friend. It was a different feeling, something that I never experienced before. What was this feeling exactly?

Saying hello to others will help Hawaii to become a better place. Children should experience the joy of childhood and connect with others, not sit alone and distance themselves from others. Imagine the benefits if everyone performed this act of kindness in Hawaii. It’s a very simple task and requires no effort at all. Kids will feel happy and included, having a sense of belonging and knowing that they aren’t alone. Of course, the giver gets some of those benefits as well. It is a great way to build up confidence and optimism, which are important skills that will be used in the future. Making good impressions is also on the list. Leaving good impressions on others is great in new environments. It shows people that you are confident and trustworthy, an important life skill that should be learned. Not only that, but it also helps change perspectives on someone and learn more about them.

People only speak to those that they can connect and understand with, and never interact with those who are different from them. But we never know what is going on in someone’s mind, so go ahead and be a friend. Think about others once in a while. Think about how they feel. Lend them an ear, and listen to their side of the story. They’re humans, just like everyone else. We are all unique with our own strengths and flaws. So why should they be treated differently?
After all, the world needs a little more kindness, and saying hello could be a great start. Mr. Ching was a kind-hearted man who helped Hawaii grow with his amazing efforts. Following in his footsteps can benefit Hawaii so that we all have a safe and welcoming environment for everyone. We could be out there changing lives, but most people choose to turn a blind eye to those who are struggling. We could carry on Mr. Clarence T.C. Ching's mission and learn about the importance of caring about our Hawaiian communities. A famous quote from Aesop says, "No act of kindness, no matter how small, is ever wasted." As small a simple gesture may seem, positivity can spread throughout at a rapid speed. So what's next? Whose life will you be changing next?