Checking on Others

There are infinite ways to show kindness. Some might be more meaningful than others, nevertheless, they are still acts of kindness. Although, there is a specific act of kindness that stands out to me, checking up on people. I always appreciate it when someone asks me how I'm doing. They do not need to check up on me but they go out of their way to do so and it makes me feel loved and valued. Personally, I think these are the best type of people. I'm sure others feel the same way and appreciate the kindness of others.

Being the person that checks upon others is rewarding too. You can understand more about what their feelings are and why they act the way they do. I'm a genuinely curious person and I like to check up on others to see what they are up to. It could also possibly make their day by just checking upon them. I have experienced both sides of this situation, so I can understand.

This act of kindness could improve the person's mood, which can affect others. This could make the atmosphere between others more positive. With the mood being so bright, the person could improve on other things such as school. They could possibly focus and pay attention. This sounds like a stretch but honestly, again I am just speaking from personal experience, so there is a chance that it could happen to others.

There are not too many people that actually check up on me if I'm being completely honest. This happens only once in a while. It happens more so if I'm visibly upset because it's obvious that something is wrong. I just realized this really does not happen often at all. No one checks up on you if you seem like you are doing fine or good. This makes me kind of sad how no one checks up on you unless you physically show it somehow but it's already too late by the time this happens to check upon them.
Checking up on people is a green flag in my opinion. It should be appreciated way more than it is now. It's super sweet how a person can check up on others. This act of kindness could probably make or improve someone's day. Sometimes it won't because it might be different for other people but I'm just speaking from personal experience. Randomly checking up on others is not too common. It's more common when they check up on you when something's wrong. These situations are different because one is being curious and the other is comforting. Both of these are acts of kindness and similar.