



“ If don't have anything nice to say you are not thinking hard enough”

Kindness it's something we need in our world, it can make the world a better place for everyone. I think kindness means to be nice and respectful. Everyone can make the world a better place, we just need everyone's help.

When someone is kind to me I feel at home and I feel like someone is here for me. I like to be next to those people and I feel like they want to be next to me. We don't need to like everyone, but we still need to be respectful because it makes everyone feel better.

I like the quote, “If you don't have anything nice to say, you are not thinking hard enough” by Robby Novak. I chose this quote because it is true. You can always say something nice, you just need to think hard. This quote means a lot to me because it reminds me that if you are thinking hard enough, you can say the nicest thing to the person you “hate” the most.

Everyone can help to spread kindness by just saying one nice thing, it will make each person feel good and also will make you feel great. The change starts with everyone, it's still not too late, we



just need your help.

How will you show kindness today?