



“One kind word can change one’s entire day.”

This quote means that you don’t have to treat people badly because they’ve treated you badly. If you say one kind thing to them, it will make them happy all day. It’s better to be nice to people and treat them well even if it’s harder to be nicer. I chose this quote because it’s something I’m still trying to understand and something that I want to get better at. I think it’s important to spread kindness because it makes people feel better especially if they are not having a good day. When I am nice to others, it makes me feel happy.



