



## My rock.

"Trying to avoid **sadness** is trying to avoid **life**."

That's the quote I chose to put on my rock. It feels true because if you didn't have **sadness**, then what makes being **happy** so valuable. Everybody is **miserable** in these times. **Sadness**, **misery**, **anger** are just things you can't avoid in life. That's what the quote means.

I chose this quote because it's not telling us that we're gonna be fine like the other ones, it's telling us that we are fine. **Sadness** is an emotion we need to have in our life so that **happiness** can feel valuable.



This quote is not really a good way to spread **kindness** but it's to reassure people that they are fine. That's spreading **kindness**. Right?

By A student

