



## Kindness is important



😊 **Kindness** is something we need in the world. "**Kindness** is like a sword that travels through the heart of hate and kills it" . I love this quote because it is meaningful to me, because it shows just how powerful **kindness** can be and how it can change someone's day.

I chose this quote because I think it shows what **kindness** does. **Kindness** kills hateful hearts and turns the hearts into a caring soul. This can help people spread **kindness** to others until everyone feels it. When someone is kind, you feel happy and energetic. I felt **kindness** when people complimented me about my hair and my necklace. I also felt **kindness** when my friend told me I could keep her book and give it back when I was done. This is important because some people feel treated unfairly, like if someone's being racist or bullying them. So we need to make sure they don't feel like that.

We can all help spread **kindness** by doing little every day things like holding the door for somebody, saying please and thank you, complimenting people or even just picking up something they dropped. One minute you are sitting alone at recess. The next, someone invites you to play. These are just a few examples on how to show **kindness**, but there are many more. Everyone needs to be **kind**, so we can create a safe and happy environment. How will you be **kind** today?