

The Booklet

The Be Kind Pledge offers a list of goals you need to reach to live a fulfilled life. It can overcome thousands of hardships to achieve anything loving. One example of these difficulties that kindness conquered is when refugees from South America, trying to escape the horrible circumstances in their home countries, arrived at my old school (PS.33 Chelsea Prep). I, like many, saw this as an opportunity to form friendships and wanted to play with them, but they knew little English and my classmates and I knew little Spanish. It was a shame to see so many possible bonds go to waste as we fumbled with communicating verbally. It was like the possible moments of connection were pictures that flew away in the wind, flying farther and farther away with every word we couldn't say. So, with my research and family's help, I created a booklet that taught simple words in both languages. It was printed and inspired by a book with translations for tourists. Much like the new bonds, the booklet started small - just a piece of scrap paper with the most basic words, hello and goodbye. I added and added, collecting from friends who spoke Spanish and English, and spending hours searching online. My schoolmates started using it, and the communication still wasn't perfect, but it improved. The small booklet included translations of phrases and words that would be commonly used during recess, with sentences like, 'Do you want to play with me?' and 'Let's play tag!' With these, as some of my classmates reported, we were able to build friendships with these people through shared lunches and recesses, and their kindnesses were immense. These students, though they had shouldered difficulties and hardships, were incredibly kind and generous. Their personalities proved to be interesting and altruistic.

These actions to promote future friendships have fallen into some categories in the Be Kind Pledge. By printing copies of these translations, I **encouraged** my classmates to feel free when interacting with people who spoke different languages than them. I also **supported** the process of creating friendships, making it easier. This, as you can see, is already **positive** and **helpful**. The booklets were available for everybody at my school, including the Spanish-speaking students. I deem this action to be **considerate** because I helped my schoolmates, no matter what language they spoke, see the many bridges they could build to join kids who spoke different languages than them. I think that treating these students with compassion and helping them counts as **respecting** their awesomeness and acting upon it. Finally, I believe this part of my school experience to be reaching out to be and become a friend. We can all use kindness to overcome barriers to forge connections that can only be seen as marvelous. The bolded words above are all things you should prioritize, and doing so is a good start if you want to achieve kindness. First, you evaluate a problem in your community that is stopping you or others from being as joyous as you would be if the problem didn't exist. Next, you brainstorm ideas to solve this. Feel free to ask others for help! Kindness is never just one person's acts, and if it somehow is, spreading your thoughts can lead other people to help out, too. Then, you need to act on your plan and change your community to be the way you think is best for the people in it.

Filling Cups with Kindness

Being kind has always been cool, but sometimes kids forget the difference it can make to the people around them. We all know how it feels when someone is kind or unkind to us. I have had some kids be unkind to me in school this year and it made me sad. When this happened, it was hard to be happy again that day. If someone would have shown some kindness it would have been much easier to cheer up and have a good day. I want to help show kids that it is cool and easy to be kind to others. When kids see others doing acts of kindness, they are more likely to want to do that too.

Being in 4th grade, there's a lot of different things kids find cool. This mostly made me think of Stanley cups. They are the cool style cup to have right now. I thought how do we make being kind as cool as a Stanley? Then that brought me to the thought of filling someone cup with kindness. What if we could fill all forty ounces of the Stanleys all over school with kindness? Kids would feel so happy and included at school. So, I went to my teacher to ask to use a bulletin board in the hallway of my school. I am making this a place for kids to show acts of kindness. I have cut 5 large cups out of poster board to post on the bulletin board of kindness. I have labeled these cups with my 5 favorite be kind pledges. With markers attached, kids come to write acts of kindness in the cups. As kids come and see the cups getting filled they want to be apart of it, especially if their friends are filling the cups too.

At my school, kids are now spreading kindness through their ideas. They can see ideas and new ways to be kind to others with the kindness board. This has made it now cool to be kind. Kids showing kindness in different ways has made school a happier place.

Doing small acts of kindness encourages others to do the same, a ripple effect. Not enough people know that in a world where everyone is kind and respectful, loneliness, stress, anxiety, and other negative effects would decrease in everyone. In a world where no one is kind, our world would be filled with anger. You can help the world be one step closer to that perfect world, and one step farther from a world filled with anger. Because you don't need to do something big to make a positive change in your community, you can use the be kind pledge to make a difference.

The be kind pledge shows ways to be kind in your day to day life. The pledge consists of ten different statements to help remind you of how to be kind. These phrases are to be encouraging, supportive, positive, helpful, honest, considerate, thankful, responsible, respectful, and very importantly, to be a friend. You may be finding it difficult to find ways to do acts of kindness with these words, so here are some simple examples that you can use with the be kind pledge in mind. One example of something kind you could do is if someone looks sad or lonely, you could ask them if they are alright, or want to play with you, but also be respectful and leave them alone if they wish to be left alone. Picking up trash from the floor is being responsible to our environment. You could be supportive to your friends by not telling them their ideas are bad, and standing by them when trying new things. You can encourage friends by going to their basketball games or other events to cheer them on. You can volunteer somewhere to help others, or our community. There are many different ways to use the be kind pledge in your daily life.

Making a change might sound hard, like you have to do something big, but little things could also make a big difference. Many people have made such big changes to the world, but the be kind pledge could be used to be kind and influence others to do the same. Make your goal for 2024 to make the world a better place by spreading kindness, one step closer to a perfect world.