

## **The Power of Kindness**

**by Lui Ying Ying 5A**

When I came home from school one day, I walked out of the subway station and saw a young girl carrying a heavy suitcase up the stairs. She struggled with every step, and the suitcase seemed as heavy as an elephant. When I saw her, I thought of myself. I had encountered the same difficulties here as she had, but a group of kind girls helped me. I think I should also help her. I thought of this and immediately went up to her and said, “Let me help you.” We worked hard together and finally carried the suitcase up the stairs. The girl looked at me gratefully and thanked me very much.

Another day, when I was on the train on my way to school, I forgot to bring my Octopus card. At that moment, I felt anxious and flustered, feeling as helpless as falling into a black hole. A kind-hearted man came over and helped me pay the fare. He smiled and said to me, “Because I have been helped, I hope you can continue to help the next person in need.”

These two experiences made me realise that goodwill can spread. When we lend a helping hand to others, we can not only help them solve their difficulties but also pass on this goodwill to more people. Good people are rewarded. Doing good deeds can not only benefit others but also make us feel satisfied.