

The Power of Kindness in Times of Need

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Living in a fast-paced city, we often forget what kindness is - something that gives us joy and makes others feel grateful and appreciative for what we have done. "Helping others is important. Life itself is priceless and precious, not just about comparisons or competitions between humans. Remember to help someone in need," my grandma told me with her eyes shining brightly. I wasn't inspired by what she said when I was young, until one day...

It was a Monday morning. The sun's rays streamed through the window, so I could feel their warmth and texture. "Beep-beep." The alarm was roaring, reminding me it was time to go to school again. I looked through the window. It seemed like a sunny day, with the sun shining through the cracking clouds hanging in the blue sky. "I guess it's not going to rain," I anticipated. "Anna! Quick! You are about to arrive late!" my mum screamed with her angry red face. "Okay," I ran out of my home without bringing my umbrella, and something dramatic happened.

Once I arrived at the bus stop, the bus had already left and was far away from me. I was short of breath, my legs shaking, with my heart pounding in my chest. "It's a blue Monday," I shrieked, as there was no one on the street. It was not only a blue Monday but also a day full of bad luck.

Suddenly, the sky turned darker and grumbled at me. "What? It's raining cats and dogs!" At that moment, feelings of isolation, fright, and anxiety attacked my mind, and tears overflowed from my eyes out of control. At the same time, I blamed myself. "Why didn't I wake up early? How could I forget to bring the umbrella? I'm already a teenager - why am I so forgetful?" I shouted, tears of fear and anger bursting from my eyes like the downpour.

An old woman, wearing a pair of glasses and a red dress, was walking towards me with her umbrella. "Young girl! Why are you crying?" she said with a compassionate smile and handed me a tissue. I looked up to avoid more tears from falling from my eyes, but my tears were filled with gratitude. "Helping others is important." My grandma's words sprang into my mind as I looked into the gentle old woman's eyes, and I could see her eyes filled with love and wisdom, just like my grandma's.

Helping someone in need can bring them luck and also help you connect with the world. I realised this is the reason why we were told to be kind and reminded to lend a helping hand when someone is in a hopeless situation, even when we were still children. After being helped by the old woman, I started to participate in volunteer activities, such as helping the homeless, making caring visits, and donating blood. "Yes. I will try to help someone in need," I replied.