

Everyday Acts of Kindness

by Singh Jaskarn 5E

What are good deeds? Many people don't know the true meaning behind them, or some don't even know how they can do good deeds. There was a man called Samuel, who was a librarian. He felt invisible and lonely, watching people walk by, only offering casual glances and never a smile or a word.

One rainy day, while closing the library, Samuel saw a woman sitting outside on a bench, soaking wet. A wave of sorrow washed over Samuel as he noticed a notebook and tears in the woman's eyes. After witnessing what he saw, he felt compelled to approach her. Then Samuel asked, "Are you alright?" The woman replied, "I lost my job today, and my dreams were written all in that notebook, so it seems I have lost everything." Samuel felt sorry for her and decided to sit next to her, saying, "You can talk about it with me."

As they spoke, Samuel found out her name was Mia. They shared stories of their struggles and their lives. By the time the rain stopped, Mia was smiling and thanked Samuel for making things a little better just by listening. Samuel felt a sense of fulfilment he hadn't experienced in years. Inspired by that moment, Samuel decided to make kindness a part of his daily life. The next day, he baked cookies and distributed them to the homeless. He wrote notes of appreciation for the coffee shop staff, the mailman, and even the street cleaners. Each act of kindness brought smiles and created bonds he had never imagined.

One evening, as he was walking home, Samuel noticed an elderly man struggling to carry his groceries. Without hesitation, he rushed over to help. The old man was very grateful and invited Samuel for tea as a token of thanks. During their chat, Samuel learned that the old man was lonely and appreciated his company. They began to meet regularly, sharing stories and laughter. Their friendship showed how kindness not only helped others but also enriched Samuel's own life.

As time went on, Samuel's small acts of kindness spread happiness throughout the community. People began to change; smiles became more frequent, and bonds deepened. Samuel realised that love and appreciation could transform lives - including his own.