

Jocelyn Knight

Period 1 BDF

Drozdowski

December 15, 2017

As I walk through this world I see so many unhappy people. There are so many people that find happiness out of other people's pain. So many people are looking for happiness in the big things in life and not taking a moment to appreciate the little things. The way a person is feeling definitely reflects on their actions and how they treat other people and it affects the other person's mood which is really causing a problem in our world today.

There is one lesson that I learned in school that I will never forget which was in my ninth grade High School 101 class. Mr. Ricci was lecturing us about doing random acts of kindness. The first time he was talking about this, I was thinking in my head, "Why are we learning this, it has nothing to do with high school." Although I seemed to not care about the lecture while hearing it, for some reason it stuck in the back of my mind. As I went through freshman year I started to see the little acts of kindness people do for one another. Whether they are helping someone up after they fall, giving someone a pencil when they need it, or paying for the person behind you at a toll booth, it makes those two people's worlds happier.

I remember Mr. Ricci bringing up this topic again towards the end of the semester after watching a movie about a boy's huge random act of kindness. Mr. Ricci ended the class by saying this, "I want you all to do a random act of kindness before the end of your freshman year, but this isn't an assignment for this class. It is an assignment for your own happiness, I want you

to see how one little act can make someone's day." Now, while many of the other kids were saying how it was dumb to do that because you aren't getting graded on it, I took it to heart and really tried hard to complete a random act of kindness.

Seeing all the people less fortunate than I getting ready for bed on the corner of a street in Philadelphia is a site I will never forget. With their scraggly beards, ripped up clothing, and discontent on their face, I couldn't help but feel their sadness. Hearing my mom's voice in the back of my head saying, "Be aware of your surroundings when going to the city, homeless people will ask for money, but give them food rather than money, it is better.", made me not want to give them money, but my heart was telling me otherwise. As I tried not to stare I had continued to walk down the street.

Seeing a Dunkin' on the corner, I knew what I could do. I went in and bought a warm coffee and a box of doughnuts. I knew my happiness was being put to good use. As I quickly made it back to the corner where the homeless were, I went up to a family of four with confidence and a bright smile on my face and handed them the coffee and the doughnuts. The smile that took over all of their faces was priceless, no words can describe it. I knew although their lives were not the best, at least for now they were happy.

This random act of kindness not only made that family's day, but mine too. If people would just spread their happiness to other people, this world could be a happier place overall. I think if everyone just paid it forward, just a little bit, you can turn everyone's world upside down. Whether it be a small or big act of kindness, you are still changing lives by spreading good vibes, which is something our world needs just a little bit more of.