**The Ripple Effect of Kindness**

“The best and most beautiful things in the world cannot be seen or even touched; they must be felt with the heart.” One of the purest deeds is random acts of kindness that will not only spread joy and happiness but also inspire bystanders to act similarly. Kindness is contagious, and it makes one feel good although all that was achieved was a simple act of gentleness. According to Isaac Newton, every action has a reaction; thus, helping others will impact us and build caring generations that have sprung out of acts of love, for the power of kindness is capable of making a real difference in the world.

This video clearly demonstrates the importance of kind acts through the story of a boy who witnessed people in need and students who were bullied. The moment he decided to muster his courage and act – help, his action, though small, had a ripple effect on his future and others’ by motivating them to do the same. In turn, each and every person inspired each other. Surrounded by negative thoughts it is hard to improve one’s attitude overall. This child, however, underwent a positive change of attitude towards life which echoed across the community with inextinguishable luminosity. This infectious attitude drifted through the air, touching everyone. “Kindness is the language which the deaf can hear and the blind can see.”

He who says he can and he who say he can’t are often both right! Changing the world is all about attitude and optimism. Don’t just think about your own problems, and don’t think you are worthless; make a difference, first by changing your own perspective and then by teaching others through example. Always act when given the opportunity, and never miss out on a chance to improve someone’s life and make them happier, for a smile is the universal language of kindness.

Act of kindness + positive attitude 🡪 Inspire and Motivate 🡪 Spread love 🡪 Better World

Feeling sympathy for others is not enough, so don’t be afraid to rush into random acts of kindness. Whenever you think your actions are insignificant, consider this: “My life amounts to no more than one drop in a limitless ocean, yet what is an ocean, but a multitude of drops?” Don’t stand blindfolded, look around you, lend a helping hand, be kind and create a course that everyone would follow!

After one has read this message and watched the video, one should start fresh by applying these acts of kindness in his/her daily life. The SLO department organized many events pertaining to acts of kindness. We visited the elders and orphans, spent a day with them, helped them, inspired them and drew smiles on their faces by giving them gifts.  During one of the school weeks, the SLO also planned a dinner for teachers as well as cleaners.  Moreover, many organizations sprung out of our school such as "SAWA" and "Amalna" that help the environment, the poor and those with cancer. Bake sales, spring fairs and other events are regularly held to gather money for the "Brave Heart" charity. After you have read this message and watched the video, you should start fresh by implementing these acts throughout your daily lives. You too can make a difference in someone's life. Just one simple step is all that it takes, so why not? Why not help an elder cross the road? Why not aid your friends with their studies? Why not stand up for a victim of bullying? Why not do at least one good deed every day to motivate others and create a better world?!