Kindness affects our community in many different ways. For example when people in our community are kind to one another it shows respect for one another. Kindness is a positive way to show our community that we care and respect one another.As a whole within our community when kindness is shown it creates a positive behavior chain reaction.

Kindness affects our physical and mental health greatly. When kindness is shown or given from one person the next it boosts our mental health. Physically kindness makes people feel happy and have a positive outlook. Even the smallest amount of kindness can physically and mentally boosts ones attitude towards themselves and others.

BENV Kiwanis can promote more kindness by having virtual meetings open to the entire community.They could help teach and educate to anyone in the community wanting to learn about what BENV Kiwanis might have to talk and teach about. Even a fun filled afternoon of hands on kindness activities would help the BENV Kiwanis promote more kindness.

Some random acts of kindness I would like to see more of is kindness at daycares. I attend an after school program daily. I would love to see the school aged children that I see and deal with on a daily basis show more kindness to one another. A simple “hello how are you?” goes a long way. I personally treat all with kindness.My parents have taught me from a young age to treat others how I would like to be treated.

Holding doors open for one another is another very simple act of kindness that is often forgotten. Others just seem to be so caught up in their cellphones or are just seem to be in a hurry to show some kindness. Please and thank you are a great way to show kindness to one another.

Hanna Johnston
4th Grade Mrs.Packech
Mill Hall Elementary