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Throughout history, the world has faced many immense trials such as wars, injustice, and division. There's so much fighting, unfair events occurring, and people just not understanding each other. But the one thing that always seems to help, even in the smallest ways, is kindness. Just being a decent human being and making others feel happy. It is a cliché thought, but it actually makes a difference.

One thing that stuck with me was when we learned about the Arab Spring. Many people in countries like Egypt and Tunisia were standing up to their governments because things were very unfair. At first, the protests started off peaceful. People just wanted to be heard. They weren't trying to start fights, they were just asking for basic rights, better lives, and for their voices to matter. A lot of it was led by young people who used social media to spread the word across countries. Even though some parts got violent later, it showed how speaking up and sticking together without hating one another can lead to change.

It doesn't even have to be a huge protest or movement to show that kindness matters. I remember one kid who moved to our middle school halfway through eighth grade. He didn't speak much English and seemed super nervous all the time. Since it was the last grade in middle school, he felt left out as everyone already had a designated group of friends to be with. Many people just ignored him or didn't talk with him that much. One day, I asked him if he wanted to sit with us at lunch. He was thrilled that someone was inviting him to something and gleefully

accepted. After that, he started opening up more, and now he's got a bunch of friends and is way more comfortable. Even though all I did was invite him to sit with us at lunch, it was a huge help for him and he felt like he belonged. That made me feel good.

The same thing happened during COVID. The whole world was in chaos with the virus, and people were scared and stuck at home. However, there were all these little things people did to help each other. People would drop off groceries for friends and family, make signs, and check in on neighbors or friends. Even teachers were trying their best to keep us connected and learning. This is only a fraction of the amazing deeds people all around the world did. This made me realize that even when things feel out of control, being kind is still something we are able to control.

I also think people forget how much just talking to someone with respect matters. I've seen arguments at school where no one's even listening. They're just yelling over each other and spitting out nonsense. I feel that this doesn't do anything but worsen the situation. However, when someone actually stops and tries to understand the other person, everything calms down. Talking kindly and respectfully with someone might just be what they want, and it is definitely the best way to approach a situation. That's what peaceful communication is all about. In reality, kindness is a lot more important than people think, and if each of us was a little kinder, the world wouldn't feel so messed up all the time. You don't need to be famous or super smart to make a difference, all that matters is to just be kind.

In the end, kindness isn't just about being nice, it's about creating a society where everyone feels like they fit in and matter. In an ideal society, people should feel safe, understood, and valued. Whether it's in big movements like the Arab Spring, global events like

the pandemic, or just small moments at school, kindness has the power to bring people together, and that's something we should never underestimate.