

# Thankfulness

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Ms. Guerra

There are many qualities that people have. The qualities that I am thankful for are my self awareness and my courage because I encourage myself everyday to get up, to go to school and I spread kindness to people like my friends, family, and sometimes strangers.

I encourage others to like my sister when she has hard homework. I'm always there for her. My friends because if they are not doing their work and it's too hard for them I can explain it to them, how to do it and show them an example. My friend that didn't know what to do in science i helped her through the process and showed her examples of it and helped her.

I spread kindness to everybody. My friend was having trouble with carrying her stuff and I helped her with it. A stranger and her kid were walking and the kid dropped their hat and I saw it so I picked it up and gave it back to them. My parents needed help with the groceries and I helped them and brang them home. People always show kindness in their own way like helping someone or helping animals in their own way.

Encourage everybody and people do that in their own ways. Some people like telling someone to do their work and they'll get something. Some people give them something so they can do it and get more later when they're doing their work well. Some people help the person first and let them get used to it and leave and let that person continue the problem and do the work well and get a 100%. Some people listen to them, see that the person needs help and the person helps them with the problem.

People spread kindness in their ways. Some people give their seat to the person that needs it more on the bus. Some people give tea out to their coworkers on a cold day so they stay warm the whole time. Some people help people in hospitals with their health and their wellbeing. Some people find stranded dogs or cats and feed them, take them to the shelter, or even take them home and look for their owner and give them back to them. Some people make a lot of food for the homeless, pack it up, and give them out to the homeless.

I am proud of my qualities. It's always good to be kind to people because one day those people may pay back the kindness you gave to them, or people might be kind to you when you're kind to other people. It's always to good encourage people because it makes the person do the work faster and not have to do it for homework or get a bad grade on it.

Being kind goes many ways like helping someone. Like with their stuff or problems that need to be helped with or if they dropped something you can pick it up and give it back. Giving people the courage to do something is really important even in school. To give the person courage to do it is really good to do so to do your work well and good. So I am proud of my qualities that I have to be kind to everybody and spread kindness everywhere and to give people courage to do the thing they're supposed to do is good like paying attention in class and to do your work well. I am proud of my qualities that I have and would never trade it for nothing.