

Kindness

At Thanksgiving dinner, we were all enjoying our day, eating all of the delicious food: mashed potatoes, macaroni and cheese, and more. It was an amazing day. But then, smash! Someone drops their plate full of delicious food. They began to panic, picking up all the sharp white glass shards. Out of kindness, I ran over to get a broom and a dustpan, as well as a mop and a mop bucket full of water, to clean up the hot gravy that was also on the plate when it fell and shattered. An act of kindness.

Compassion

At Thanksgiving dinner, I noticed a relative who was quietly trying to withdraw from the conversation everybody was having. I could sense that they were in discomfort, so I stepped away from the table I was at and went to listen to whatever they had to say. My presence helped them feel supported and heard. An act of compassion.

Empathy

At Thanksgiving dinner, I noticed a family member's unusual emotions. They were forcing their smiles, and they were unusually quieter than normal. I could tell that they were dealing with something and that they were struggling. Instead of just ignoring them, I went up to them to check on them. I encouraged them to talk to me about what they were dealing with. I shared their emotions and what they were struggling with. Act of empathy.

By Mycah Ferguson