

Kindness to me is an act of love and care. Everyone should be kind even when it is difficult. I am going to tell you about a time that I showed kindness to a total stranger in a grocery store parking lot.

I was running errands with my mom on a hot summer day. We were riding in the car in the parking lot of HEB. I was looking out the window when I saw an older lady in a wheelchair having a hard time getting herself up a big hill. I said to my mom, “that lady is trying to get up that hill and she has tried multiple times and can’t do it. We should help her!” My mom parked her orange Prius and we got out to help.

There were many challenges I faced while helping her. First, it was the middle of the summer and before we even got to her we were super hot and sweaty. I was also very nervous to approach a stranger. I thought to myself, “what if she is mean?” What if she doesn’t want our help?” “What if she is unhappy and grumpy?” I did not know what to expect. I got to her and asked, “may I help you up the hill?” She was very thankful and very sweet. “Oh my, that would be lovely! Thank you so much, dear!” We had a hard time pushing her up the hill but we did it!

It was super surprising that such a small thing could have such a big impact. That moment has filled my heart for a long time and I carry it with me every day. Even though it was not easy I did something kind. If everyone was kind in the world it would be a better place and everyone would know that good feeling.