

## A Time When I Chose Kindness

"Kindness is something which shines brighter than trophies, and it will be the best memory even though you did only one small act because of the good result or effect." I never thought this line would ever work against enemies, even if I was kind. But one particular day explained to me that kindness can be life-changing. And as we all know, "Kindness is a gift everyone can afford to give," and also "Kindness can make our world a better place to live in."

This was just like any normal day. It was the day of our basketball competition. With excited and nervous kids on the ground, everyone was getting ready for the match. My opponent, Diya - who was more like an enemy than a friend to me - was practicing to score a goal using the leap-shot method.

Suddenly she tripped on her laces and fell down badly. I saw her lying there, trying to get help, but sadly nobody came to help her. Everyone was focused on the competition. Opportunities like this competition come only once in a blue moon, and nobody wanted to lose their chance.

## A Time When I Chose Kindness 15-3-26

I was in dilemma. Should I follow others or help her? For a moment I stood there thinking. Then I decided to give her a helping hand.

Not caring that she was my opponent, I rushed to her and took her to the infirmary. After she felt better, she said softly, "Thanks girl. I thought you wouldn't help me."

I replied with a sweet smile, "I helped you because you got seriously injured and needed help."

She then said, "And moreover, I am really sorry for being rude. Can we be best buddies, please? I really don't have many close friends."

"Apology accepted. Request granted. That means we can be besties." I replied.

She exclaimed happily, "Really? Thank you!"

Soon we rushed back to the ground. The teacher had already arrived, so we quietly went to our places. The match started and both teams played seriously. In the end, our team lost the match and the other team got medals, a trophy and prize money.

Later during the prize distribution, the winners got appreciation from the principal. When

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It was Diya's turn to give a speech, she said, "I might be the player of the match, but I would like to give credit to one girl. During practice, I fell down while practicing the leap-shot method, and Jashve from the opponent team helped me when no one else did. Without her help, I might not have played today. So half the credit goes to her."

Hearing my name on the stage filled me with surprise and happiness. Soon the teachers praised me and I received a badge of honour.

That day I understood something very important. Trophies and medals shine only for a short time, but Kindness shines forever. I may not have won the match, but I gained something more valuable - a new friend and a beautiful memory. That moment was captured in my mind and engraved in my memory from that moment onwards.

And from that day, I truly believed that Kindness shines brighter than any trophy.

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