‘A Little Kindness Goes a Long Way’

We often think that respecting others means being polite, listening to them, or using good manners. But I feel respect can also be shown through much smaller actions.



Sometimes, simply asking someone if they are okay can make a difference. Giving someone a chance to speak, helping a classmate who is struggling, or including someone who is sitting alone may seem like small things. We might forget them after a few minutes, but the other person may remember them for a long time.

I have also realised that we do not always know what someone else is going through. A person who seems quiet may just be having a difficult day. Instead of making fun of them or judging them, being a little patient and understanding can make them feel better.

Kindness does not always have to be a big gesture. Even sharing notes with a classmate, holding the door open for someone, or saying a genuine “thank you” shows that we notice and value other people.

In my opinion, respect and kindness go hand in hand. When we respect people, we understand that their feelings matter just as much as ours. We may not always agree with someone, but we can still treat them with kindness.

The world may not change because of one small act of kindness. But someone’s day might.

And sometimes, that is enough.