

A Better World by Kindness

(Original)

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To be kind to my friends is not quite easy. I with my friends are a football team – there is one boy that is a great goal keeper and I am a striker. After the match, we usually sit on the benches and talk. The goal keeper often swears. I do not like his behaviour, but I do not want to leave the team. There is always a lot of fun. I was thinking a lot how to point out to the team member that he should not speak this way. “Hey, stop saying bad words” - what if he laughed at me...? Recently, he even made fun of our glasses-wearing friend that he could not follow the ball. I was very sad and when I looked at my friend, I saw tears in his eyes. He said he must go home. I did the same. It was no longer a good match. The next day, I told everybody that whoever offends anybody or says any curses will get a red card – just as in a real football match. Some friends laughed, but everyone agreed with the rule. The goal keeper had to sit on the benches soon because he broke the rule. He was bored and kept repeating sorry. Our team decided to give him a second chance. The goal keeper stopped being bad-behaved and now he and the glass-wearing boy are good friends. I realised, I am not alone in that I fear I could be bullied if I spoke up. Nobody is cruel forever, but if we keep quiet, bullies will not change. To speak up requires courage, but thanks to it, an enemy becomes a friend.

During winter afternoons, I make a lavender tea for my mother and my sister and I serve special coffee for my father and my brother. I put an orange and cloves on the tea saucer. I decorate frothed milk coffee with cinnamon, so it forms “daddy” or “Niko”. Then, I turn on their favourite music. I try to make a luxurious experience for them and I think the idea of doing something really big for somebody is what motivates me. I imagine the smile of that person. I also noticed one interesting fact – the more kind I am, the kinder the people are for me.

But sometimes, helping others is especially difficult because I cannot be around all the time. It was the case with my granny, who suffers from Alzheimer disease. She is always

looking for something, for example her keys or her wallet and she is angry with her disease. It happens so often that I learnt where she usually puts her things. I can easily find them. When I go to school, my aunt stays with my granny. My granny is often impatient and feels hopeless. I came up with an idea. I bought chips and installed them on my granny's keys and wallet. When I am not at home, my aunt can simply press a button on the controller and then, the chips make a sound. My granny can find her lost things and she has a big smile. I felt proud when my aunt thanked me although I did not do anything special.

The person who makes truly special things is my mother. I thank her for making tasty breakfast, giving me sandwiches with Nutella. There are so many times I am grateful for her and I want her to feel appreciated. I suppose she feels so, because she repeats to me and all people around that the kindest thing I do to her is saying "thank you". I think the society can improve in the same way like it is in my family. It is just one word but it means a lot!

Naturally, a society means me and my family, and my football friends, and their families, and all of us on Earth. Let's speak up when somebody suffers, make gifts, thank those who give them to us and help others whenever we can – it will come back to us. Kindness is the force that make it happen.