

2022 International Essay Contest for Young People

[Children's Category – Honorable Mention]

## **MY ACT OF KINDNESS**

(Original)

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The life of human being is filled with joys, sorrows and experiences. In this life people achieve many positions, awards and respect. People have their own ways of living and have various kinds of qualities which are also called the values of a person. Kindness also falls in the values of a person. It is the act of showing polite and helpful behavior to the people. With the kind act of the people they are able to save the lives of the needy people. The act of kindness is not letting the humanity to die. The rule of kindness is that if you help others, God has his own way to repay the act of kindness showed. So we should show our kind act to others without hesitation and shy behavior.

The life of poor and needy in the small countries is in danger as they don't have good things to eat or wear. We can see them wearing thin torn shirts eating small amount of food. Sometimes, they even have to stay hungry. They need to get help by others. At that time we can show kindness and help them with what we have and what we can. This small help can change their entire life. As a Nepalese, I can't see other people struggling hard for just one piece of bread. As I see needy peoples, my heart longs to help them, support them, and care them. I think this quality of me is very valuable and precious as my heart desires the wellbeing of other people. One incident of mine can be taken as an example of kindness.

In the monsoon seasons, I was out playing just after a heavy rainfall occurred. As I was playing, I heard the sound of water flowing in force, I followed the sound of the water and reached the small canal which was flooded. I heard the sound of a small puppy. I searched around but didn't found anything. I called my friends and searched around. As I went a little ahead I saw a little puppy under the platform on which my friends were standing. The puppy was holding an iron rod with both its arms and used it as a tool to not flow in the water. As the canal was slippery, I called my friends to support me from not falling in the

canal. They supported me with a bamboo trunk. I pulled my pants up and started to go down the canal. First, I put my right leg and then the other one. The water was up to my knees and the flow was very strong. I went near the puppy, it got scared. I took support of the bamboo, held out my both hands and grabbed the puppy. I grabbed it tight and got out. It was shivering with cold. I found out its owner and handed it to them. They got very happy to get their puppy back. They told the neighbors about it and soon the whole neighborhood was appreciating me. My parents were very proud of this incident.

So, you see that small act of kindness saved the life of a puppy and was able to bring smile to the owner's face. From that day, I learnt that kindness is very important aspect of human race and plays a very important role in saving the humanity. Kindness is hidden inside everyone in the world. They just have to understand their ability and know how to utilize it. Thus the final conclusion is that everyone must show kind behavior to needy people, helpless animals and try to help them by anything we can.