

Random Acts of Kindness

“Be the Change You Want to See in the World”

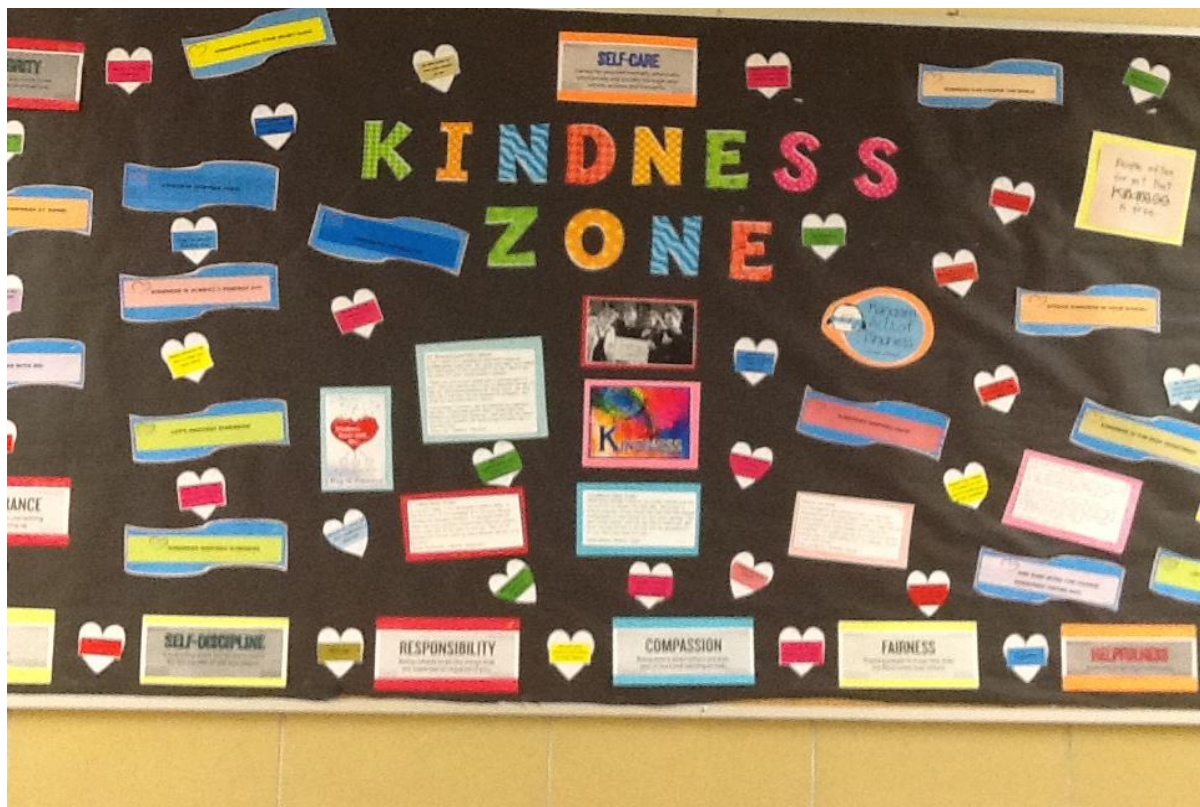
Can you imagine a world where everyone would selflessly for their own wellbeing without thinking of others?

Giving to others, caring for others whether they are our family members, classmates, co-workers or strangers in the street are essentials of our wellbeing and of a world where we can make a difference to others and ourselves.

Remember there’s no such thing as a small act of kindness. Every act creates a ripple with no logical end. — Scott Adams

Learning Services launched a challenge to all students in the school community to intentionally reflect on the importance of Random Acts of Kindness through the month of March, and share their most inspiring stories of making a difference in someone else’s life, or having been touched by a RAK done by someone else.

20 of the most inspiring stories were posted on the Kindness Zone bulletin board, and some will be selected to be published in “Spotlights” newsletter.





Thank you to all students who participated in this challenge, as well as to the teachers who encouraged and supported this activity.

Many thanks to the leadership class for enthusiastically engaging in this event.

We are grateful to our sponsors, Waterloo Regional Police Services and Starbucks, for their contribution for the prizes to reward the winners.

We strongly believe that Random Acts of Kindness should be an on-going way of living.

“Almost anything we do will seem insignificant, but it is very important that we do it.” (M. Gandhi)

The Taxi Driver

Shiann

One random act of kindness I still remember is a time when I was in Grade four. I was running late for school, and I called a cab. I had some money on me that my parents gave me for lunch but I was not sure if it was going to be enough. Yet, I got on the cab, and counted my money while looking worriedly at the gage. When it was time for me to pay, I realized that if I paid the money, I would not have enough money to buy lunch. The taxi driver looked at me and smiled: "Don't worry. Keep \$3 for your lunch." I sighed with relief and thank him.

Lost and Found

My Phone

Tamia

One time, I lost my phone at Conestoga Mall. I spent over two hours with my friends going to all the stores I went to and asking about my phone. I almost gave up looking for it. Then the idea came to me to ask at the Lost and Found/Help centre. At that time, they didn't have anything reported about a lost phone. I gave them details about my phone and asked them to let me know if they find it. My friends had to leave, so I went home, too. I was still worried and tried to think where else my phone could be. Suddenly, I got a call from Conestoga Mall, the Lost and Found centre. They have found my phone! Luckily, someone in the fitting room of a store saw my phone and took it to the Lost and Found centre. I got my phone back thankful to a stranger who could have easily stolen it or sold it for their personal gain. Thank you, stranger for your random act of kindness!

\$20 Tim Horton's card

Serena

A Random Act of Kindness that impacted my life was when someone I didn't know returned my lost \$20 Tim Horton's card. About a week ago, I was walking to the bus stop when my Tim Horton's card fell out of my jacket pocket. I didn't even realize it when a kind-hearted person ran up to me, and asked if that was my card. I couldn't believe it. I'm still so grateful to that person that gave the card back to me. He could have taken it and I would have never known how I lost it. This shows that there are a lot of kind people in the world!

Lost Dog

Kyle

One day, on my way home from work, I came across a lost dog. When I first saw the dog, it was going from one side of the street to the other through traffic. I tried calling for the dog after the traffic slowed but no use. So, I started walking into the street to go after the dog but instead he came to me. I walked back to my work with the dog to grab piece of rope to use as a leash. I noticed that the dog had a phone number on its collar. I called the number but no luck; not even an answering machine. The dog and I walked to my house together. Once I got home, I looked up the phone number and found out that the owner's house was only a 15-minutes walk away. Therefore, I walked the dog to the house. I saw a woman hanging up signs for her lost dog on a telephone pole. Then she noticed me. That's when the dog ran and broke the rope I used as a leash. The woman hanging the signs yelled, "Roxy", and the dog jumped up on her. That's how I returned a lost dog to its rightful owner.

The Man with the Guitar

Hunter

One time I was wandering the streets of downtown Toronto when I came across a man who had nothing but ripped clothes and an acoustic guitar. He was playing the guitar on the sidewalk. The guitar case lay open next to him with only a few coins in it. I pulled out my wallet and handed him a #100 bill. Astonished at my gesture, he stopped playing the guitar and began to thank me over and over. I don't know why I had that impulse to give him the money. That man must have desperately needed the money.

Helping people in need

Estera

Every year, I grow out of some clothes. I sort through them and choose the ones that don't fit but are still in good condition or look like new. Then I put them in bags and give them to my uncle who ships the clothes to Romania to the poor kids that are in need of clothing. Along with the clothes, we collect money for supplies to build a house for families who lost their house due to different reasons or who have never had one before. Sometimes, people from our church go there and help them build their houses.

Sharing Chores

Ashley

I have 6 bunnies in the barn. I always clean them at night before I go to bed, feed them and replenish water in the morning. I go to the barn almost every day even if there are days when I don't always feel like cleaning all the litter boxes and clean up the mess. But I know I have to. While I'm at the barn, my family do other chores that I might not even be aware of. Sometimes, my mom cleans the bunnies for me so that they'll be all done when I get home. This is a huge help to me, mostly when I look after horses and come home late wanting to rest for a minute. My mom is continuously doing nice things for me and is always brightening my mood. I don't know what I would do without her.

Empathy

Angelina

A Random Act of kindness that impacted my life recently is when I injured my shoulder. I was in a lot of pain, and had difficulty even carrying my school bag. There was this girl in the school hall asking me what was wrong with my arm. I told her, and she helped me

to carry all my stuff. She shared with me her experiences, and helped me to calm down and feel comfortable. This really made me feel great.

The Stranger in the Hallway

Strawberry

One day I was really sad. I was upset about a Math problem I couldn't get. Moreover, my home life was really stressful. I had a two-year old brother at the time. Anyway, I was having a mental breakdown in the middle of the hallway at school. A stranger walked by, turned around and sat beside me. We talked for a while, and she really cheered me up. I was able to calmly go into the math class and ask for help. If she hadn't talked to me, I would have hurt myself later at night while telling myself I was a stupid, weak failure.

Jade

By Linda Nguyen

I have been a very good friends with one of the DC kids in our school, Jade ever since we were little girls. Every time we see each other in the halls, we always yell each other's name and give big hugs. One day, our leadership class paired up with the DC kids and made friendship bracelets. I asked Jade if she likes to eat in the cafeteria more than her classroom. She told me that she liked the cafeteria better but sometimes she doesn't have anyone to sit with. So, I volunteered to sit with her in the caf for lunch that day. It made her so happy and we were able to bond and catch each other up on the events in our lives. I felt like also showed the other students that the DC kids are very similar to us and they should never be looked down upon. I'm glad I ate lunch with Jade and there will be more days like that to come.

Paying It Forward

Meghan

About a week before Christmas, my Dad and I were doing some last minute shopping

for my brother. We went to grab a coffee at Tim Hortons. At the drive-through, the person in front of us paid \$5 off our order and people had been paying for the next person for over four hours. We paid for the person behind us and continued the trend. This random act of kindness got us out of the grouchy robotic shopping mode and back to the spirit of holiday: joy and love.

Vanessa Montreyvong

Helping Hand

One day, I went to Walmart to do some grocery shopping. While approaching the Check-out area, I saw a lady riding a wheel chair cart, the one that people having mobility issues use. She had hard time getting out of her seat to upload her stuff on the belt. I helped her out with this, walked her to her car, and helped her put her grocery bags into her car trunk.

Stories in French

Rachel

Après ces dernières vacances de Noël, nous sommes tous retournés à l'école, sauf mon amie Sarah. Elle a fait un voyage en République Dominicaine et a manqué huit jours d'école. Tout ce que nous avons appris pendant cette période, alors qu'elle était absente, était semi-crucial pour l'essai sommatif et l'examen final. L'examen final valait 30 % de notre note d'histoire finale. Quand elle est revenue le 18 janvier, j'ai fait de mon mieux pour l'aider à se faire prendre avec toutes les notes que nous avons prises. J'ai aussi aidé son étude pour l'examen et écrire son essai. Je pense que j'ai fait un bon travail en l'aidant parce qu'elle a presque obtenu une meilleure note que moi sur l'essai et l'examen. J'espère que cela a eu un impact positif sur elle (et sa note d'histoire) et l'a également inspirée à faire de même quand quelqu'un a besoin d'aide à l'avenir. Sarah était très reconnaissante et heureuse d'avoir mon aide. Elle a mentionné qu'elle n'aurait probablement pas obtenu la bonne note sur l'essai et l'examen ou réussi le cours si ce n'était pas pour mon aide.

Sophia

Quelques gestes de bonté ont impacté ma vie et quelques gestes que j'ai faits ont impacté les vies des autres. Ces actions peuvent être petites ou grandes, mais dans la fin ils sont les gestes qui peuvent faire le jour de quelqu'un ou changer leur vie. Voici un exemple de comment les gestes de bontés spontanés ont changés la vie des autres. Quand j'étais jeune (probablement en 4ème ou 5ème année,) ma soeur et moi avons eu une bonne idée. C'était tard pour moi parce que ma fête avait passé, mais elle a décidé que pour sa fête au lieu de collectionner beaucoup de cadeaux pour sa fête d'anniversaire, elle serait collectionne la nourriture pour la banque alimentaire. Avec un peu de mon aide, on a créé des invitations qui dit qu'est-ce qu'on fait au lieu de recevoir les cadeaux. Les résultats étaient incroyables. Ma soeur et moi ont collectionné beaucoup de nourriture pour les gens plus pauvres ou sans abris. Quelques jours après ça, on a apporté la nourriture à la banque alimentaire et trouvé qu'on a collectionné plus de 100 livres de nourriture pour changer les vies des personnes qui avaient les besoins pour quelque chose si important et nécessaire pour survivre.

Amarilis

Quand mon grand-père est venu au Canada, il a essayé de mener le reste de sa famille: mon papa, mes tantes et ma grand-mère. Quand il a décidé de chercher de l'aide, l'homme des services d'immigration lui a dit que le procès de mener le reste de sa famille au Canada durerait à peu près huit ans. Mon grand-père était vraiment triste, mais l'homme lui a dit "je vais faire quelque chose de spéciale pour toi". Deux semaines plus tard, il était à l'aéroport attendant sa famille qui de ce jour en avant, seront des citoyens canadiens comme lui. Sans cet acte de gentillesse, je ne vivrais pas ici aujourd'hui.

Brooklyn

Une fois où un geste de bonté a changé la vie de quelqu'un était l'hiver 2014 quand moi et ma mère avons créé des paquets de soins pour les sans-abri. Les paquets étaient remplis avec des choses qui pourraient être très utiles pour des sans-abri, spécifiquement en hiver. Ils étaient remplis des chaussettes chaudes, des chauffe-mains, des cartes-cadeaux pour Tim Hortons, des bouteilles d'eau, des serviettes et des lotions . Quand on a arrêté à un feu stop-rouge et il y avait une personne sans-abris qui a demandé de l'argent, on leur a donné un paquet de soins. Je pense que ça c'était une très bonne idée que tout le monde pourrait faire. Beaucoup de gens évitent le contact visuel avec les personnes sans-abris quand ils ont demandé de l'argent. Ça c'est une bonne idée pour montrer la gentillesse à ta communauté et c'est facile à faire!