

# Ways to spread kindness, quotes that remind us why

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Voices Editor

Can you name all the people whose lives you've touched today? Not necessarily the friend that you said good morning to or the boyfriend you kissed, but those whose lives you have brushed past and only faintly remember. Can you list them all? Maybe. But did you count the person who served you in Phelps that you've never known the name of or the stranger you saw walking toward you on the sidewalk? Did you count them? It's okay, I forget too. But have you remembered to spread kindness? At the very least, you cannot forget that because who are we, as people and as a community, if we have forgotten to spread kindness?

Here are some small ways to show the kindness we may not always realize that we can.

**Smile at everyone.** One time, my high school math teacher drew a smiley face on the board and told us to look around. We had gone from students to learning geometry with sullen faces to smiling at the smiley face. It's weird, but it's so simple to bring out a smile. It makes a difference.

“  
In a world where you can  
be anything, be kind.  
—UNKNOWN  
”

**Say thank you.** It's the oldest one in the book. It's the very thing that our mothers and fathers whisper into our ears when we were young so that we might grow to be polite people. It sounds rather odd, but sometimes being polite can be a simple way to make someone feel appreciated.

“  
No act of kindness, no matter  
how small, is ever wasted.  
—AESOP  
”

**Make it a goal that everyone you see feels part of something larger than themselves.** Sitting alone in the cafeteria is incredibly cliché sign of someone who is alone (because seriously, is the idea that not everyone wants to be constantly surrounded by people so foreign?). Still, perhaps there is someone in your class who struggles to find a group. It just takes a few seconds to say “why don't you join us?”  
Takes those seconds.

“  
Unexpected kindness is the  
most powerful, least costly  
and most underrated agent of  
human change.  
—BOB KERREY  
”

**Be conscious when asking someone how they are.** I cannot tell you how many times I have received or spoken a “how are you” that I truly didn't have the time to mean. It's a habit when we may be walking through the Pine Grove and passing a friend, but should caring be a passive habit? Despite how busy we are, it is preferred to take the time to approach a friend and see how they really are when possible.

“  
Kindness in words creates confidence.  
Kindness in thinking creates profound-  
ness. Kindness in giving creates love.  
—LAO TZU  
”

**When in doubt, a dollar and a donut is the best a cure.** I struggled with balancing my time and relationships throughout my freshman year here at Hope. I cannot tell you how many times I felt pressured from stress to stay in my room and work on homework while others made time to go out. Still, it was always the knock on my door or the simultaneous agreement between my roommate and I to go on a donut-run that cured any night. The very act of going out late at night in whatever state you are in is so much fun. Knock on doors. Call up the friends you keep meaning to see. I guarantee that it'll make a world of difference.

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