



There Are Acts of Kindness Everywhere You Look

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It doesn't take much effort to make a huge difference. From the mat room to the Westin there are acts of kindness in all different forms.

St. Baldrick's is an organization that raises money for cancer research. There touch on the people that donate money is making them bald. I had never heard about it when my mom first said something to me about going. The morning of St. Patrick's Day we headed down to the Westin. It was the first time I had ever been in that hotel. When we walked into the room where it was going on in, there had to be 500 people there. As I said, I had never been a part of the organization, so we were required to register. After we registered they asked us to make any amount of a donation. My mom donated the money and we got our haircut tickets. My brother and I headed to the stage where they were cutting hair. We handed over our tickets and sat down in the chair. They shaved our heads down to nothing in about a minute. I had never seen so many people with bald heads in my life. Even though I had no idea who the money was going to, I still felt good to be a part of it.

For one of my random acts of kindness I helped the little kids out with their technique in the mat room. Just seeing their smiles on their faces just really brightened up my day because I knew that they appreciated what I was doing for them. I gained even more respect from not only myself, but my coaches as well because I just made their lives a little bit easier by helping with the little kids. My dad has done so much for me and for him to say that he was proud of me really encouraged me to do more random acts of kindness not just for me, not just for the project, but for my peers as well. I also gained more respect for myself knowing that I have made a group of kids just this much better at wrestling than before. It said a lot for me and for all of the other people that I have helped as well including my coaches and my dad.

No matter where you are, there is a random act of kindness you can do for someone. Our random acts of kindness helped many people even though we don't know the people that we were helping.

