

The background features a vertical gradient from light green at the top to dark blue at the bottom. Faint, semi-transparent circular patterns, resembling clock faces or technical diagrams, are scattered across the scene. Some of these circles have numbers like 140, 150, 160, 170, 180, 190, 200, 210, 220, 250, and 260. The word 'KINDNESS' is prominently displayed in the center in a white, serif font with a thin black outline.

# KINDNESS

BY BEN

# Here are some quotes

"LOVE AND KINDNESS ARE NEVER WASTED. THEY ALWAYS MAKE A DIFFERENCE. THEY BLESS THE ONE WHO RECEIVES THEM, AND THEY BLESS YOU, THE GIVER."

Barbara De Angelis

"SPREAD LOVE EVERYWHERE YOU GO. LET NO ONE EVER COME TO YOU WITHOUT LEAVING HAPPIER."

Mother Teresa

# HERE IS A DEFINITION FOR KINDNESS

Friendly feeling,  
kindheartedness, affection.



# HERE ARE EXAMPLES OF PEOPLE BEING KIND

A kid helped up a kid up when he fell



A teenager helping a kid up the rock wall.



# WHY KINDNESS IS IMPORTANT?



Kindness is so important because without it everyone would be mean to everyone and no one would respect anyone.