

# INFORMATIVE—EXPLANATORY

*PROMPT: "Kind words can be short and easy to speak, but their echoes are truly endless." This quotation by Mother Teresa of Calcutta demonstrates the positive effects of speaking kindly. Do you agree with Mother Teresa that kind words are easily spoken and long-lasting? Write about a time when you spoke kindly to someone, or someone offered words of encouragement to you. In your essay, describe the incident, provide specific details, and explain the impact that the person's words had on you.*

## Kindness

Kindness is something that can be unexpected. When you're having a bad day or things are just not going your way, kind words are always greatly appreciated. If a person takes the miniscule amount of time out of their day to utter a few caring words, it shows a great deal of their character. The two or three seconds it took for them to say that, can change the way they are perceived by the person they shed kindness upon. The point being made is that kind words are easily spoken, but long-lasting.

This previous September, our volleyball team was playing a game at Reitz High School. During the JV game I was positioned in the back row, and I couldn't keep a ball in play for the life of me. I could tell my coach was fuming, and when she called one time out, I thought my playing time would be terminated. However, the varsity coach pulled me aside and sincerely told me, "Nicole relax. Take a deep breath and focus on what you're doing. I've seen you pick up balls twice as hard as those. You're a great player, you'll be fine. Just have fun!" Something about her brief utterance of kind words got to me and when we went back out there, I still wasn't perfect, but I was doing a lot better.

I was astounded when my coach pulled me aside and encouraged me, because she

usually has steam coming out of her ears if someone isn't playing well. I had been expecting to her to really buckle down and reprimand me, so it was shocking when she had something other than scolding in mind. It was a nice surprise though. The best part about it was that I saw a side of my coach that I had never even caught a glimpse of before. Also she was genuinely trying to make me feel better. I appreciated that, and my subsequent performance showed that it affected it immensely.

Those moments are some that I still reflect on when I find myself needing a boost. I replay those words in my head and it's as if just those five sentences could get me through anything. Just the pure kindness intertwined within the syllables gave me the sensation of being on cloud nine. The words she uttered are some that I will take with me forever.

Kindness is one of those things that can just come out of the blue from the most random person. However, it's also something that's thrived upon by all human beings. Without kindness, our world would be a sad, lonely place to live. Just taking a moment out of the day to be kind to another person can change their life forever. This is the case because kindness is like an echo, you keep reviewing it in your mind and it makes you feel good all over again.