



Kindness is fashionable ,it's always welcome-Amelia Barr

I really like this quote because you should never let anger take over, if you are mad at something don't take it out on someone else and start yelling at them you should just try calmly talking to them, or just go in your room listen to music let some steam out.

What you can also do to spread kindness, let's say someone lost their dog you can go and help look for their dog because that's a really good deed to do and that's how you put a smile on someone's face.