If you are too busy to laugh then you are too busy- Proverb

Why did you choose this quote?

I chose this quote because laughing is the best medicine. And if you don't laugh often how can you spread kindness to others if you don't spread to yourself.

How can you spread kindness to others?

Saying please and thank you is already enough to grow a tree of kindness. Just be polite and others will be thankful and do the same.

Why is it important to spread kindness?

It's important because it keeps our world civilized. Without kindness we wouldn't like each other and no one would communicate. Kindness also helps doing thoughtful things like giving to charity or helping someone do their errands, and if we didn't do kind things people would just always feel sad and that is worse than not being kind.