

Kindness Is Actually Huge

Sixth grade is a big switch. It's actually a really BIG deal. If I had to describe what sixth grade actually is like, I would tell the person asking me that it's kind of like a cross between a zoo with untamed animals and fireworks. There always seems to be explosive personalities and people running around sometimes forgetting their compassion and empathy in their lockers or even at home. Sometimes on really, really good days middle school can be a little bit like camp too. But only on days when there is art. I get teased a lot because of my height. I am small for my age. My parents told me it's because my twin brother took up more space in my mom's womb than me. Being made fun of for things someone cannot change is unkind. I deal with it by saying that I can't help my height but I can help my kindness, so that's

what you should do. Truthfully though, I'm a gymnast and my height works great for my favorite activity on the planet.

Friendships can be tricky too, especially among girls. It took me a long time to figure this out, and for my mom to explain it to me as well. Everyone is trying to figure things out *all* at the same time. Sometimes it feels like a bunch of people just pushing each other out of the way so that they can be first. It's exhausting. At times, sixth grade feels like it's hard to fit in too. But the biggest problem of it all, is making friends. I'm not a popular girl. I'm very shy and I don't really approach new people very easily. It seems like a huge task for me to strike up a conversation with people I hardly know. Inclusion is important. Now more than ever people need to feel more included and much, much less excluded. Meanness and bullying have gotten worse despite our best efforts. Some people don't understand what it is like to be the person on the other side. The person who is being made fun of or the person who sometimes feels alone. I feel there needs to be a class taught on this in school because it's so important for everyone to learn this especially now.

If I had to offer advice to anyone entering middle school or maybe even high school it would be to talk to everyone, ask them to sit next to you, compliment them on something you like about them or what they even might be wearing and not say mean things about them in or out of the classroom. Maybe there should even be a National Kindness Day in addition to World Kindness Month and Random Acts of Kindness Day because it seems like this needs to be a constant reminder for so many people of all ages.

So in conclusion we as people need to think before we say something negative because words sting like a bee, and include people to share your lunch table, or wave at a new person in the hall at school to make them feel less lonely during the day.. And always, always be kind to people.