

Be Kind

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The background is a textured, mottled grey color. Scattered across the page are several yellow, five-pointed stars with black outlines. The stars are of varying sizes and are positioned at various angles, creating a starry night sky effect.

Be Kind

By Rachel A. DiNunzio

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Come one, come all!
To the most important idea
Of all!

It's so simple,
So clear



The trick is
To hear.

It's your job, my friend,
To protect those who are smaller,
Those without a voice,
To stand up,
To act!



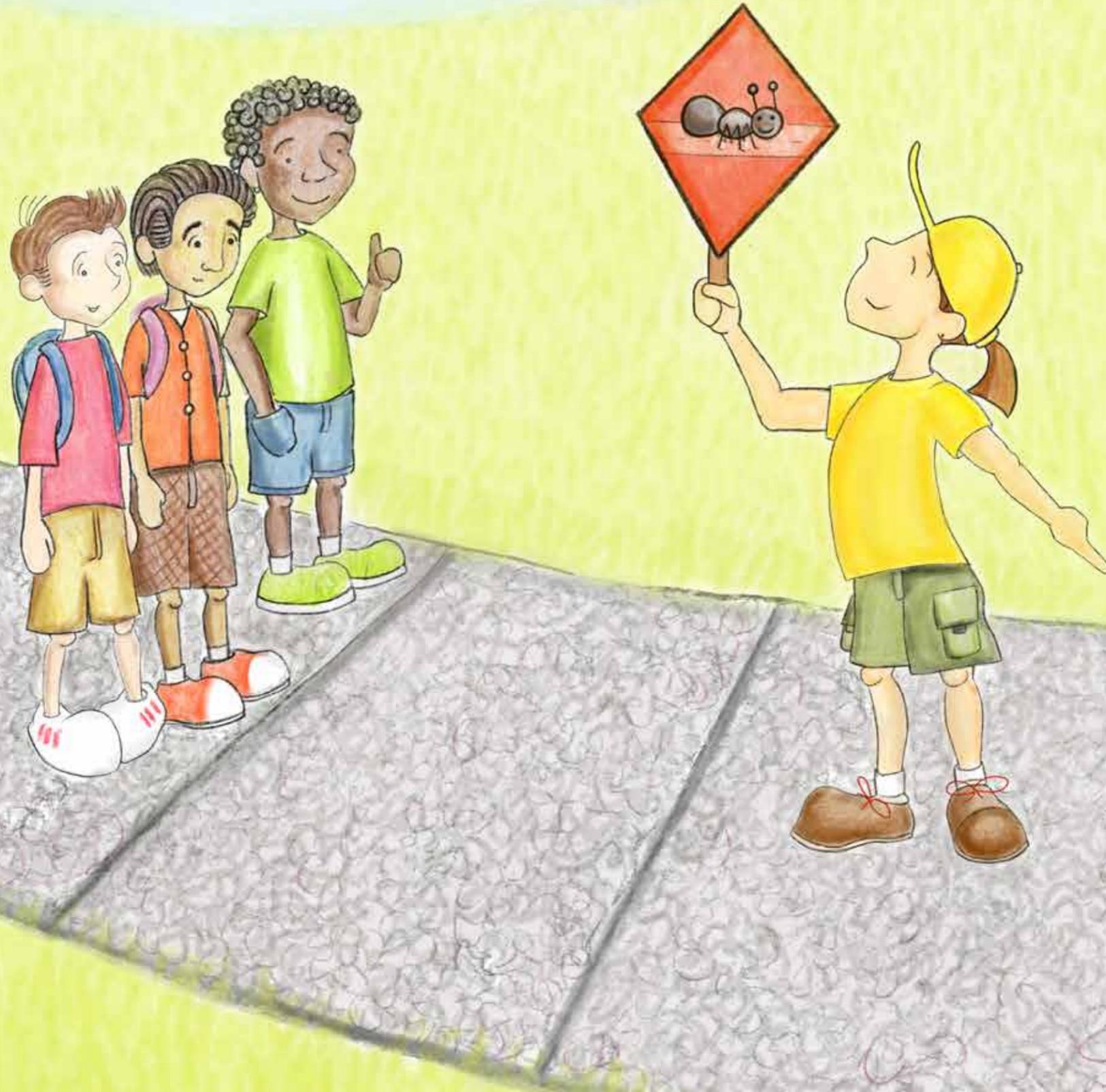
You see, we make choices every day—

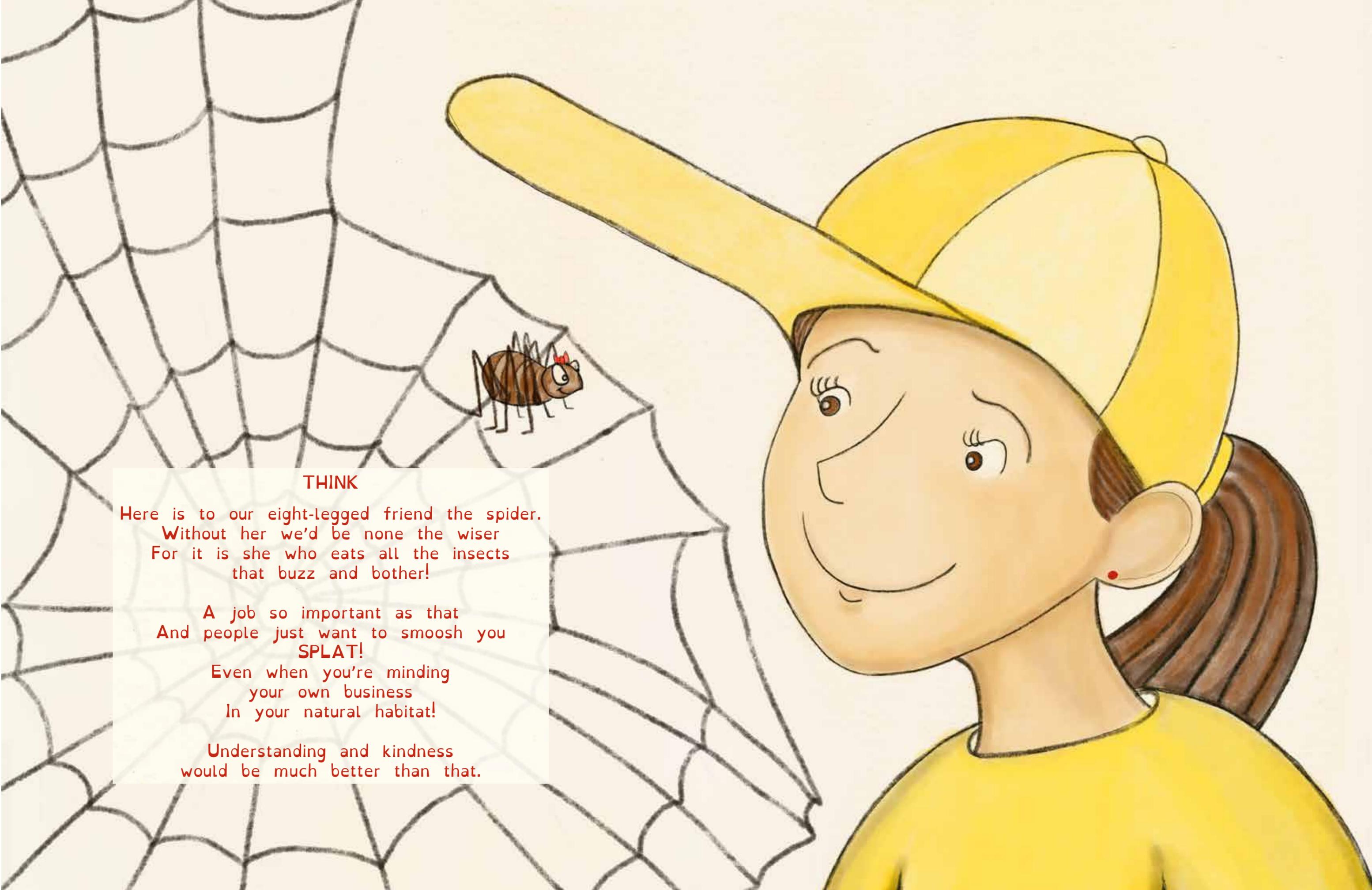
To be kind
Or turn away.

THINK

If you were an ant,
You'd surely rant
If instead of stepping over,
A big foot bowled you right over!

No matter the size, big or small,
Nine and three quarter inches
Or five million and two feet tall,
Every creature **FEELS**
So we must protect them all.





THINK

Here is to our eight-legged friend the spider.
Without her we'd be none the wiser
For it is she who eats all the insects
that buzz and bother!

A job so important as that
And people just want to smooch you
SPLAT!

Even when you're minding
your own business
In your natural habitat!

Understanding and kindness
would be much better than that.

THINK

If you were a bee,
You'd get such a bad rap
To be defined by only one fact—
That tiny little stinger that sits on your back!

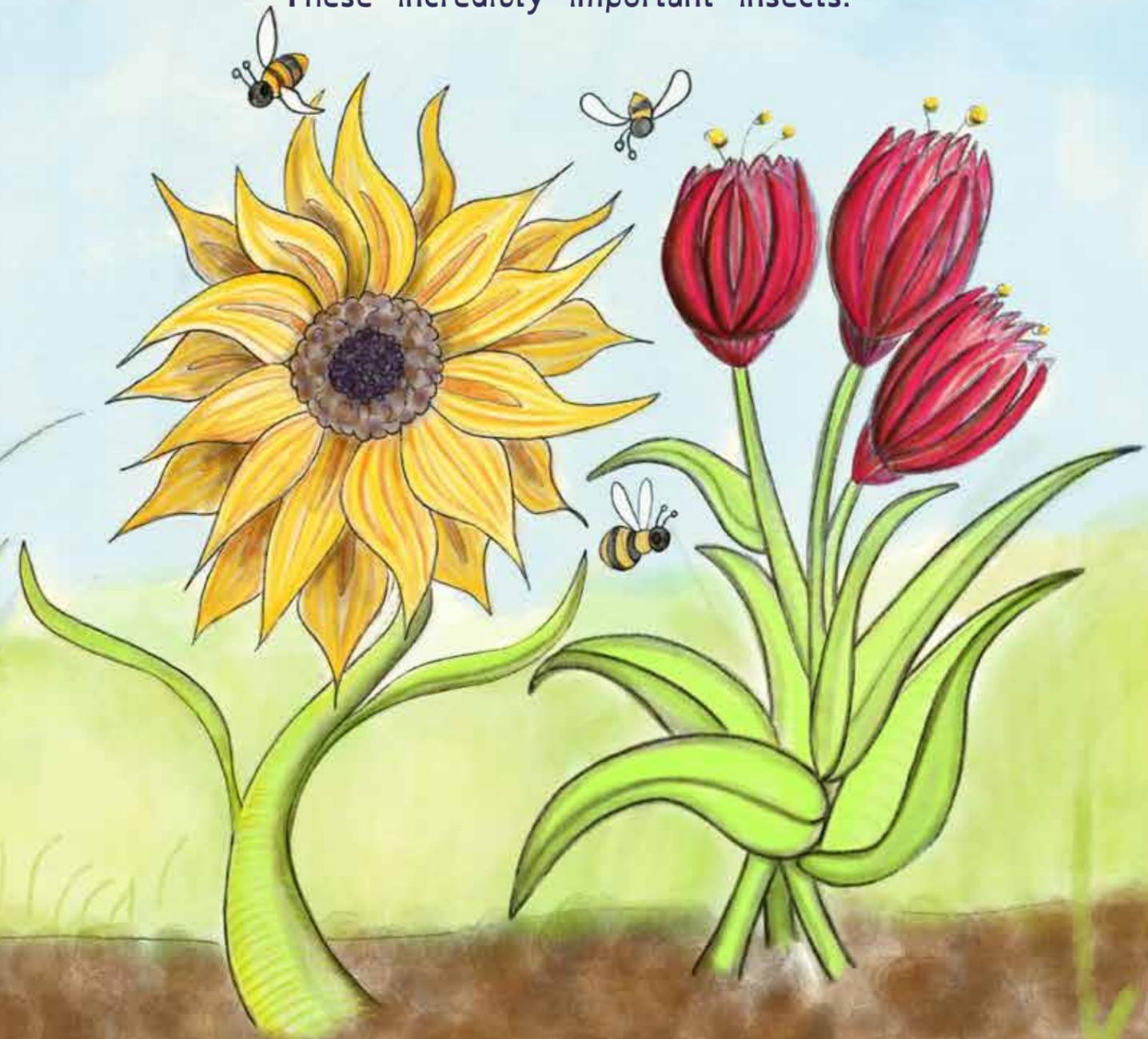


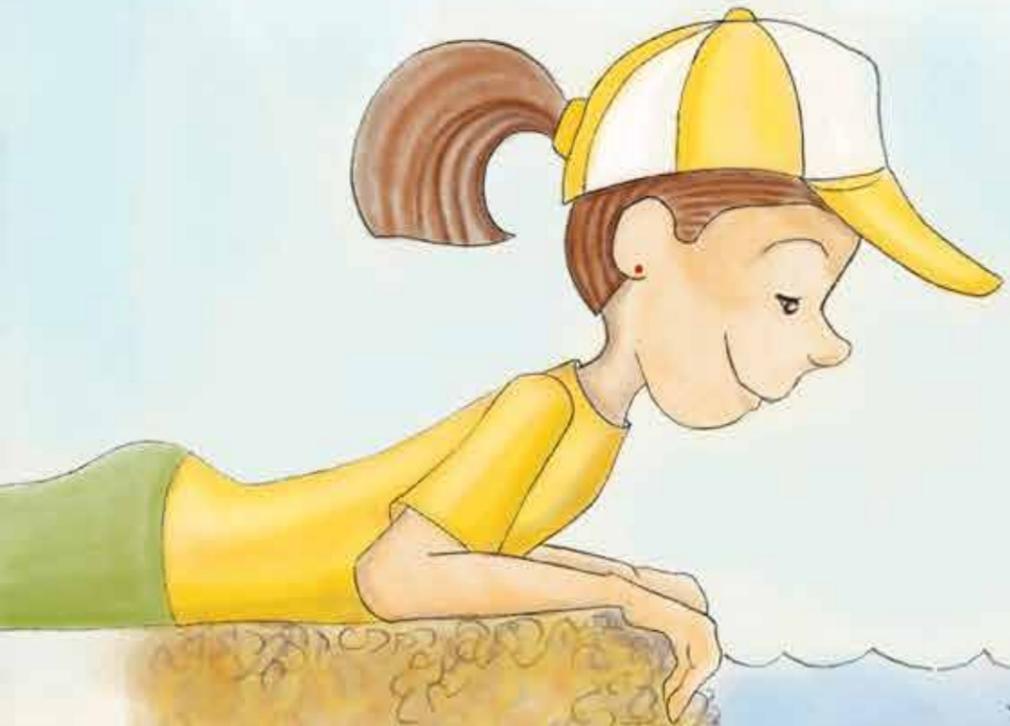
But you are so much more!
You should be something that all people adore!

As a bee you'd wish people would see
That your job is to make sweet honey!

And there is one more thing that only bees can do:
Pollinate plants to give us food!

You see without the bees there can be no flowers.
And that is why we need to use all of our power
To respect and protect
These incredibly important insects!





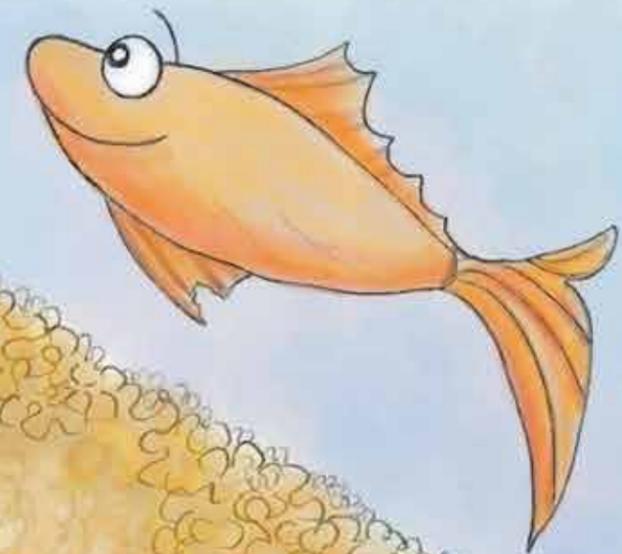
THINK

If you were a fish you'd want to say:
"STOP POLLUTING OUR WATER THIS WAY!"

Don't you see the oil and waste?
Don't you realize that it's in the
Food and water that you taste?

Protecting our water should be priority one!
We can't make more!
And we don't have a ton!"

Clean water, no oil,
And respect for the sea
Is all that fish ask of you and me.





THINK

If you were an eagle,
Or perhaps a seagull,
How would you want people to treat you?

Surely no chasing, yelling, or throwing rocks!
Instead, you'd want peace and clean air to fly in
For all of the flocks.

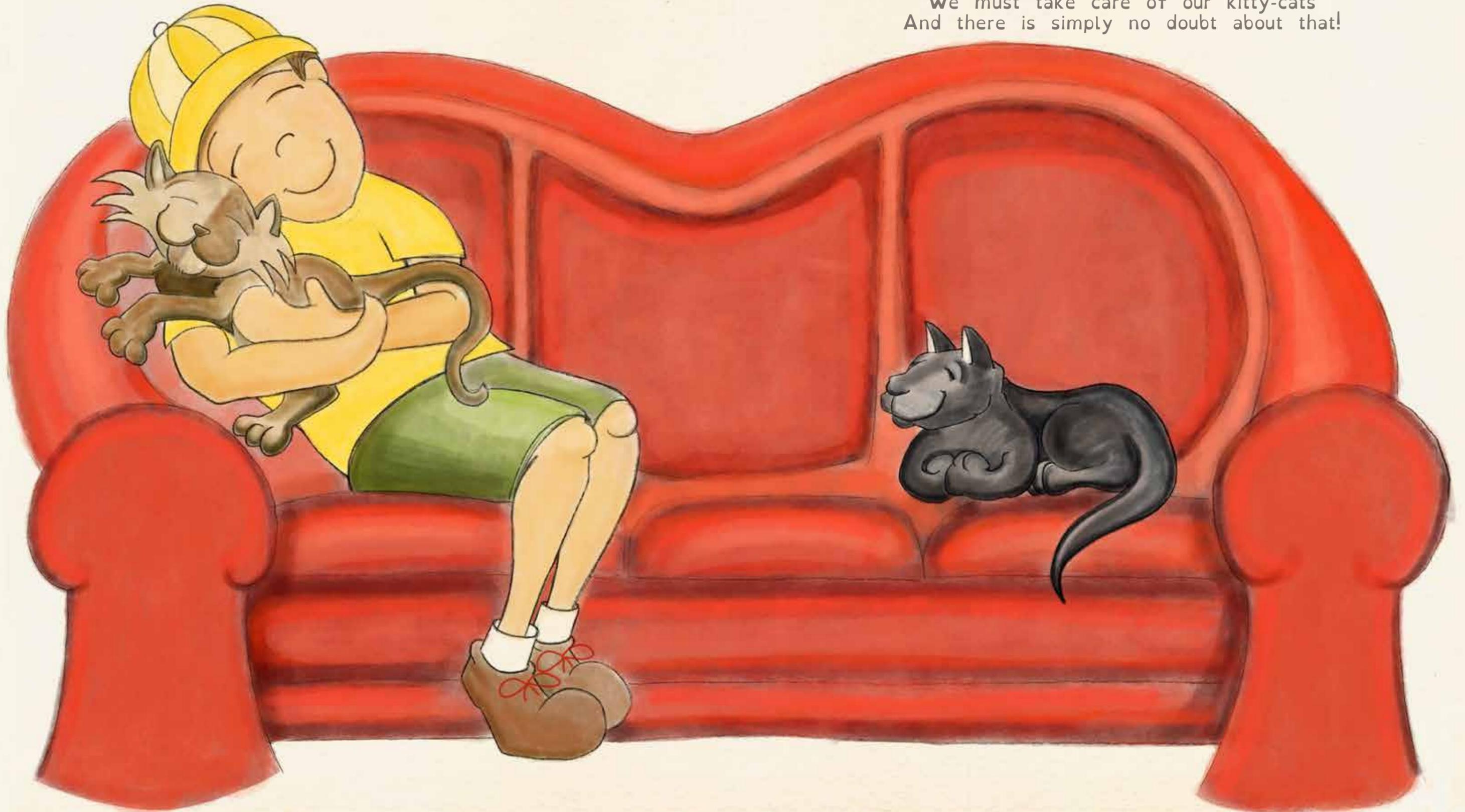


THINK

If you were a cat,
You'd really hope that
People would pet you softly
Not pick you up and toss you abruptly.

Warm and safe you'd like to be
Not stuck outside in a lonely tree.
Most of all you'd want people to know
All you are is love and trust
And really just a great big ball of fluff.

We must take care of our kitty-cats
And there is simply no doubt about that!



THINK

If you were a dog,
And your name was Lou,
How would you want people to treat you?

Surely no poking, shouting, or being rough
Love and kindness would be the best stuff.

There is one thing that you'd want most of all
To be a part of a family!
...And maybe to play with a ball.





THINK

If you were a lion and that was a fact
How would you want people to react?

Hunting and shooting so you had to live in fear?
Don't people know we only have a few left here!?!

In the savannah we can't ignore
The most wonderful kitties we all adore.

Lions are who we must care for!

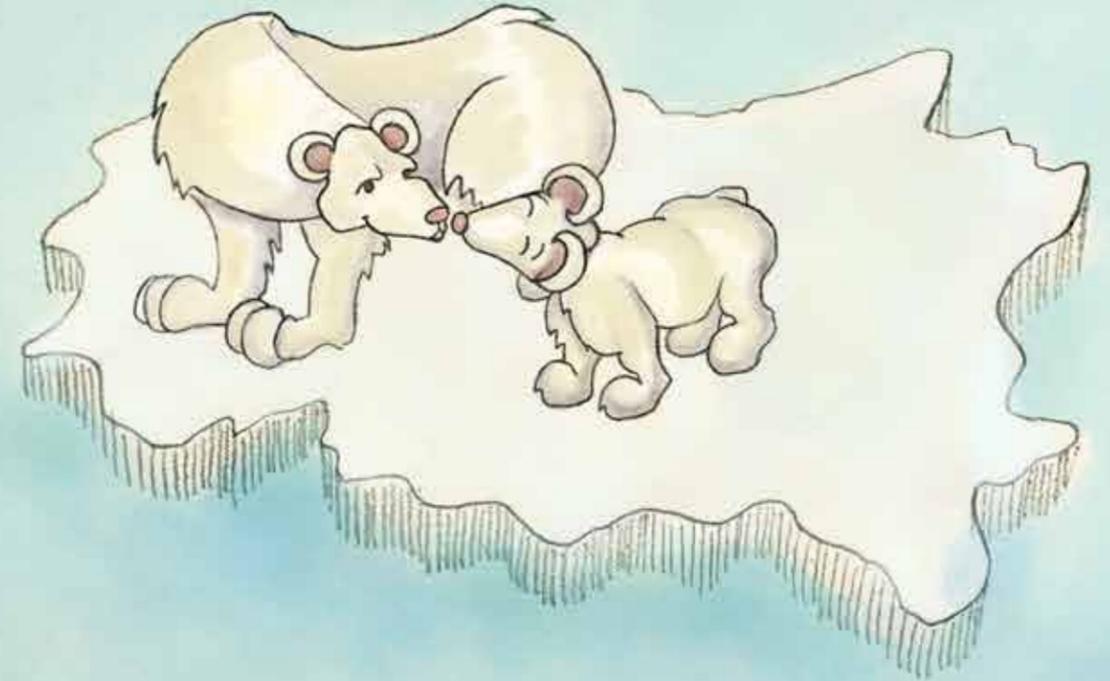


THINK

If you were a bear,
You'd surely declare
That you're in need
Of some really great care.



As a polar bear you'd feel so ignored
To watch your home disappear from the world.



Listen now as these bears call out,
For if we don't listen
They are sure to die out.



THINK

If you were a tree,
How would you want someone to be?

Cut you down, pull your leaves,
Yank your bark off
So that you freeze?

No!

Let that not be so!
You need your bark to stay warm in the snow!

Keep them safe, keep the air and soil clean
So we may forever enjoy what's green.

Lastly,
Think with me!
It is important to Be Kind
To EVERYBODY!



Open your ear
And I'll be perfectly clear
We're all in this together here.



So make a new friend,
Give someone your time,
Hold a door open,
Smile
And Be Kind!



It takes a big person to make this oath
To change their choices,
To choose growth.

I hope from this day on
Your choices will be
To Be Kind
To everything and everyone.

Even if you only do one kind thing today,
That one thing will make today a better day.

So if today there's only one kind thing to do,
Challenge yourself tomorrow
To do not one,
But two.



TODAY IS THE DAY!

You've got it, I feel it!



THINK

If one more person chose to be kind,
What a difference it would make
To change humankind.



It is **YOU**
Who makes an impact every day.
So Be Kind
Don't turn away.

And now my friend, it's up to you.
What will you choose to do?

The Kindness Oath

We the people have a choice
That's why we are given a voice.

We can take action,
We can stand up
We can really change this stuff!

Take a second
Say this oath
Let's move in a direction that supports growth.

I choose to be

Someone I can always be proud of
Someone who tries to rise above

Someone not afraid to stand out
Someone who always does their part

Someone who strives to be the change
A leader who always leads the way.

When it's hard to know what's right to do
I will spread kindness from me to you.

Even when a challenge stands in my way
Doing what is right means not to stray.

Above all else
There is one bottom line.
And that is to always, always,
Be Kind.