

# Be Strong

Adelyn Todd

*6<sup>th</sup> Grade, Marysville Middle School*

First Place

Helen Keller once said,  
"Alone we can do so little, together we can do so much"  
And I believe her words to be true  
Sometimes people are mean  
And it's not always about you  
But a smile  
Or a kind word can change more than you know  
Being kind means sticking together,  
Even when it's hard  
It means helping someone  
Instead of laughing and just walking past  
Imagine a kid on their first day of school  
Lost, confused and scared  
What would you do?  
Be the helper?  
Be the one they remember?  
Kindness comes from the word "kin"  
And if we treated everyone like family, the world would be better for all of us  
Being unkind causes problems,  
Hurt feelings,  
Arguments,  
Words we wish we didn't say  
But kindness makes people stronger,  
Including you!  
No one wants to feel alone  
Togetherness is something we all need  
A friend, a family member, even the lunch lady at school  
Can lift your spirits  
Staying connected matters  
A phone call  
A walk  
A simple, "hello"  
We are all connected in some way  
So be kind.  
Be strong.  
Because alone we are small  
But together,  
We are POWERFUL!

