

# Can kindness change the world?

A collection of abstracts  
from year 7 essays on  
whether kindness can  
change the world.

2015/2016

# Introduction

In Spring 2015, the Year 7 expedition was called “Spread a little happiness”, where students had to answer the guiding question...

“

## Can kindness change the world ?

”

The learning targets were :

- I can identify and discuss the key ideas and beliefs of specific religions
- I can discuss my beliefs on kindness and how it could change the world
- I can write a discursive essay that explores my views on kindness

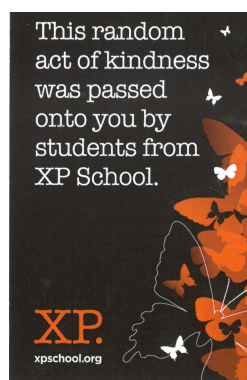
They studied Sikhism, Christianity and Buddhism to consider how kindness is expressed through religion, and read the novel, “Pay it forward” by Catherine Ryan Hyde.

The Bishop of Doncaster was invited as an expert, sharing his thoughts and views on compassion and kindness and how they manifest in the modern world, and students carried out fieldwork at the Gurdwara Sikh Temple.

As a result of this research, students each wrote a discursive essay addressing the guiding question, expressing their own developed thoughts.

The expedition culminated when they carried out 107 random acts of kindness at the Lakeside Village. They then gave recipients a card which asked them to pay the kindness forward to make our community a better place.

This ebook contains abstracts from our essays on the guiding question.



These abstracts were sent to the experts The lama needs adding here too please of this expedition and had the following feedback:

“I was impressed with the extracts which clearly demonstrated that young people had taken on board what kindness really means, both at a local level and its power to change the world, not least through affecting individuals. They have clearly listened intently to what I’d said, both about kindness and the Christian perspective on this, in addition to reflecting maturely on how those of other faiths and none, viewed kindness. It was also interesting to note that they had reflected on the importance of doing acts of kindness without the need for payback and reward, whilst recognising that some people had not responded well to their acts of kindness, they remained positive and optimistic that showing kindness was the right thing to do. Overall they felt that acts of kindness had the power to change the world.”

Bishop Peter

“Thank you for the extracts. It is really wonderful timing that Kyabje Khen Rinpoche is staying with us for a few weeks. He was very happy to look over the essays with the help of his translator Ani Laura Dainty. Rinpoche has the qualification of Khenpo, which is even higher than a western Phd! In addition he is said to have great realisation or wisdom. I hope the students find his reply helpful.”

The Lama



<https://goo.gl/sJdglK>

## **Chloe Ackroyd**

There will be kindness everywhere from going on holiday, to going to London's Westfield Shopping Centre; no matter who you are people will be willing to help. There are many acts of kindness. On the 25th April the Bishop Of Doncaster came for a visit. We asked him questions on his opinion on whether kindness can change the world. He said that his opinion of kindness is that he will help anyone even if they don't know him or don't like him. He doesn't need to tell them to pay it forward they will just do it because if someone helps you you want to help others as well so paying it forward will come naturally. We asked him, also, " Do You Think Kindness Can Change The World?", and he said " Yes, definitely because if you think about the refugees that are coming in now what happened if we weren't kind then where would they be?".

I definitely think kindness can change the world, it might not be the biggest ever act of kindness but it sure can make someone's day. It may be barely visible but it is an amazing feeling.

## **Kaius Ameri**

Kindness is an amazing thing in the human race, it doesn't cost anything to do an act of kindness but on the other hand not everyone is kind in the world. Kindness can be as simple as keeping the door open for someone or it can be as sweet as you want by picking someone's bag up and returning to the owner. A lot of religions show acts of kindness.

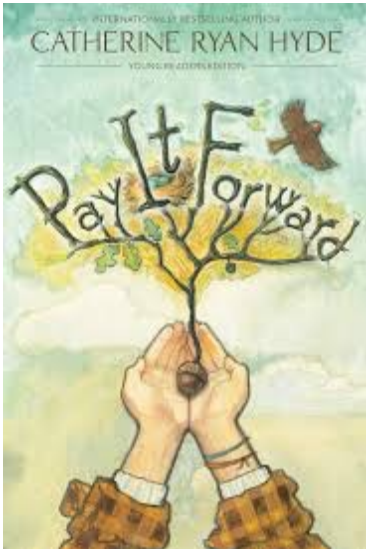
Kindness is somewhere in every religion including Christianity and someone important came in to talk to us about what he does and how he does it. The man that came in was the Bishop of Doncaster. The Bishop is a Christian and believes there is only one god. The Bishop said "to be a good world there has to be kindness". The Bishop's point of view of kindness for the Christian is " kindness was inspired by god because he sent Jesus down to make the world a better place. Jesus got himself killed for other people's lives". Different religions believe in different things like Buddhists.

All together I feel that kindness can change the world because everyone would be nice to each other and there would be no civil wars or no wars in general, if people all over the world are kind to one another, we will all be happy!

## Bailey Cheadle

Kindness is everywhere ...just picking a piece of litter up can make someone's day. We have been learning about can kindness change the world?

To be kind can be a little thing like opening a door for someone to a big thing like saving someone from dying by calling an ambulance.



We are reading an amazing book called Pay it Forward, it starts off with a man called Reuben or Mr St Clair. He tells the class "Think of an idea for world change and put it into action", so a boy called Trevor developed a project where instead of paying it back you should pay it forward to another 3 people.

Buddhism is a newish religion and near 300 million people follow it and it is nearly 2500 years old compared to Christianity when that is a very old religion and it is the biggest religion in the world. Sikhism is a religion with 30 million followers and is 27 million years old.

By going to Lakeside I know that just saying "hello" and "would you like some water for free?" it would make someone's day and they might pay it forward. Think; kindness can change the world but do you think it can ...?

## Jacob Coates

Kindness is an important skill in life that many people have whether it is opening the door for someone or donating to a charity. Not all people in the world are kind, some people steal from others or kill other people.

The Bishop of Doncaster came in to talk to us about what kindness has to do with Christianity. We found out lots of useful information from The Bishop. He told us all his definition of kindness which was: "Being kind to people you might not even like and wanting the very best for another person." He also told us that Christians are kind to others and do not want anything in return. Also the Church of England donates millions of pounds a year to various charities. From all of this information, I think that Christianity is a really kind religion and generous to others.

I think that kindness can not change the whole entire world. On the other hand, I think that kindness could change villages and towns perhaps, but if you went beyond that point I think that there would always be at least one person who would rebel or would just not be kind to others and carry on being unkind.

## Elliot Crawley

Throughout this expedition “Can kindness change the world?” we have been writing an essay about random acts of kindness around the world.

Kindness is something we can all do for free, or is it? To be kind you don't have to do something big like bringing a homeless person into your house and looking after them for a few days, it can be as little as holding a door open for somebody. The Sikh religion revolves around kindness and happiness. If you are a Sikh 10% of your earnings and time must go to charity and to help others. They also do something called Langar on a Sunday where you go to the Gurdwara and eat food plus it's free.

To conclude, my opinion of the guiding question “Can kindness change the world?” is that kindness can, because there are a lot more kind than nasty people. I believe the random acts of kindness has an impact on all of the negative people to make them more positive. Throughout the expedition my opinion of kindness has changed from believing kindness can't change the world to believing that it can.



## Amy Dunne

On the 25th of April the Bishop of Doncaster visited us. He talked about his idea on kindness. One of the things he did may have been the weirdest but had a meaning which was to bless a toilet. But the money they got from that toilet they twinned it to make a toilet in Africa for a village with no toilet. But he thinks that other religions are as important as Christianity. He believes in Christianity but if there were someone from another religion in need of help he would go and help them. The Bishop of Doncaster pays it forward to his wife, because he has moved over the past years so she had to give up jobs and friends. But now she is quite ill so he lets her pick wherever they go pretty much.

## Lauren Empson

On the 25th of April the Bishop of Doncaster came to our school and gave his view on kindness changing the world. He told us some of his personal information, he told us that his wife is very ill and people around them help to get her places so they show kindness by taking her places and giving the Bishop Of Doncaster a rest. His view on kindness was that it could change the world if we work together. He also said that It doesn't have to be an action but it could be words too. So that's what we did.

Christianity is another religion we have looked at. Christians show kindness by thinking of God to not do bad things. They believe that if they do harm or hurt someone or something that God will punish them for what they've done. The Bible is what they read from it tells the stories from Jesus and what they should do.

## **Millie Finney**

I believe that kindness makes the world a better place and this can make people happy. The religion Sikhism shows kindness to the world in many different ways for example Sikhs don't eat meat because they don't like killing or hurting animals or people. The religion Buddhism shows kindness in various ways such as in the 8 Fold Path. For example Right Speech shows kindness because Buddhists don't harm people with bad words. Christianity shows kindness in many ways such as respect. They show respect because Christians wear a cross to show a sign of respect to Jesus as he died on the cross. On the 25th of April we had a visitor who was the Bishop of Doncaster (Peter). He came into the school to talk about himself and his idea of kindness. He said that his idea of kindness 'grows out of loving other people and doing nice things for people you like and don't like'.

## **Amy Gadd**

The Bishop was telling us about how the symbol of the cross is a sign of kindness and he believes this because it represents the crucifixion of Jesus and Jesus gave himself up for his disciples and everyone else who have made the mistake of committing sins or so that they don't live in fear of anyone anymore.

I believe kindness is about making someone happy and you don't have to give them something you could just talk to them like the man at the Lakeside Shopping Village. Even though we don't have to give anyone anything, it makes them feel a bit happier to show that words can do and mean something, but to show people that you care as well will make them feel a bit more touched by what we did for them.

## **Joel Gardner**

So can kindness change the world, well I was sceptical to say the least... but then I thought well can't anything.

In fact kindness is changing the world as you read this. My family personally sponsors two children in Africa and Asia. Organisations like Christian Aid, Save the Children, etc... already help by collecting donations for poor poverty ridden countries.

Soon I'll be going to Lakeside to perform some random acts of kindness.

I approached an old lady and accidentally made her jump, then when I gave her the little care package she said "Thank you I'll look up the school. You have made my day!"

So can kindness change the world yes definitely, it already has it already does we are never without kindness changing things. I bet that you cannot find a little bit of the world not affected by kindness. It's everywhere, we wouldn't be here without it. Kindness. It binds us all.

## Jack Gill

In class we have been reading Pay It Forward. This book which is about Trevor, one boy who changes the world by paying kindness forward. He shows acts of kindness by giving a homeless man, Jerry, some money and helps him find a job. Trevor tends the garden of an old lady named Mrs Greenberg. He changes the whole world by just one thought from an assignment.

## James Herriot

On the 20th of April we went to Lakeside Shopping Centre to spread kindness. I felt nervous at the beginning and then I got over my nerves and approached people. One of my acts of kindness was giving a dog a treat because it was a hot day so I thought that the dog was hungry and needed a drink and the man that we gave it to said thank you for the treat. If people help by showing kindness we can change the world. We just have to do one thing. Be kind and pay it forward.



## Caitlin Lofthouse

We showed kindness like Sikhs and gave away free food on our fieldwork on April 20th at Lakeside Village. It was fun and it taught me a lot on how kind the public is and how they can accept free acts of kindness from students they don't know. This shocked me because most people these days think that free stuff is illegal or have something illegal in it. I personally think that it was good seeing most people smile and laughing and wanting stickers. But some people said 'No' to us but I think that was because they didn't trust "teenagers" or because they're not used to having free things or acts of kindness in this world. This shocked our group because we weren't prepared for people to say 'No Go Away!'. This response changed our views a bit on kindness changing the world because if they don't let kindness in how will they Pay It Forward?

In conclusion I think kindness can change maybe a town or city but not the world after our negative responses at Lakeside Shopping Village because that was just in one shopping village and there are a lot more in the world so there will be a lot more negative responses.



## Rylie Manion

Christians show kindness in many ways such as wearing the cross or going to church. The Bishop of Doncaster taught us how Christians show kindness like Jesus. He explained how you have to be a vicar before you become a Bishop which means you have to be kind all your life. The Bishop's definition of kindness is to spread happiness and selflessness around to other people.

In my opinion kindness cannot change the world because not everyone will follow what you are trying to do. It's a lot like a religion. Some people do not follow it the right way.

## Alex Mason

Kindness is all about doing a good thing for someone else and not expecting anything back. Sometimes kindness can be extremely hard to find in places like war zones and in gang fights and terrorist attacks. But in the three religions we have studied which are Buddhism, Sikhism and Christianity they use kindness all the time and people who follow these religions don't harm anyone or anything. Buddhists and Sikhs don't eat meat because they don't want to harm animals.

On the 20th April we carried out random acts of kindness at Lakeside Shopping Village to see how people would react to our kindness. We had some people who were not used to kindness so they asked how much it was even though it was free. Some people were a bit rude one man said "no go away" before we started talking and then accepted a bottle of water off Amy and Katie. But some people accepted it and said "thank you".

Over all I think kindness can change the world if people gave each other a chance before sending them away. The first thing would be to stop wars and terrorist attacks then it's down to someone to start it.



## Elle Leeson

On the 25th of April the Bishop of Doncaster came into Humanities to listen to our questions on can kindness change the world . The Bishop's definition of kindness was being kind to people you might not even like, wanting the very best for that person. He also said to us he thought that kindness could change the world because people have shown acts of kindness to him throughout his life.

Over all I think that kindness can change the world but I think that it could change people and how they act to one another but I don't think it can change the world because some people cannot change their personality but what do you think ?

## **Safiyah Monks**

Kindness is a simple and easy thing (e.g opening a door for someone or asking how was their day however that can change their world). On the 20th April the whole of Year Seven went to the Lakeside Shopping Centre to show random acts of kindness to other people we did not know. The first person thought so generously to pay it back to us after us giving her some flowers, she brought my group (Chloe, Elle, Georgie and Ben) an ice cream each and one cost £1.80 and that is quite a lot of money we all wanted to say thank you but unfortunately she wasn't there .

On the 25th of April the Bishop of Doncaster visited. We asked him lots of questions about himself, his religion and about his idea of kindness. One of the members of Year Seven Admiral asked him what is your idea of kindness and he responded by saying the whole world will be a mess with out it and he thinks that kindness can change the world by linking it to Pay it Forward, to be honest I agree with him even though people might reject it. In my opinion of kindness I think that kindness is very simple but some people don't see that.

I think that kindness is important to keep in this world because we all would be a mess without it. Also I think that some people don't be kind in the world and they are lonely and they have no one to talk to and some people really don't like kindness and don't use it in any way and they think it's a good thing. However kindness is important and I don't think anyone could live a perfect life without it .

## **Keira Moules**

Kindness is everywhere... There are different types of kindness, simple acts such as giving someone a smile or holding the door open for someone. Some are less obvious such as asking someone are they okay? Or helping someone complete something. I believe everyone has some type of kindness in them, just not all people show it.

## **Joe Smith**

Kindness is all around us, whether it be as small as lending someone a pencil or aiding a homeless man. When we went to Lakeside on fieldwork, we showed kindness to many people by giving balloons, treats, water and stickers. Like in the book we've read, Trevor comes up with an idea called pay it forward where he helps 3 people then those people help 3 more people and so on. This taught us we can show kindness and help more people that will change the world. When the Buddha we learned about was 29 years old he retired to the forest where he followed a spiritual life. After six years of enlightenment he was requested to teach people how to find enlightenment. Sikhism is a worldwide religion with approximately 30 million followers, the history of Sikhism began with a man named Nanak who wanted to help others and teach them ways to live. His viewpoint on kindness is to help people with their lives if unfortunate events occur. The symbol of the cross reminds Christians that Jesus died for everyone. Churches are shaped as a cross, the true meaning of a church is a gathering of Christians.

## **Katie Smithstone**

Peter the Bishop of Doncaster said kindness to him is being a Christian. Kindness is inspired by God and he sent Jesus into the world in the bible. Jesus healing people made people believe kindness grows out of loving people.

The Christian perspective is showing acts of kindness to people you don't like or don't know and wanting the very best for others and you show kindness by love.

I think kindness could change the world if people acted a bit differently for example giving the homeless a bit of money or even a little something, helping someone and even just smiling at someone could make them feel happy. I think when the Guiding Question came out I was happy because I like learning about things like this. The Bishop of Doncaster came into school and talked about what his view of kindness was and how he became a Bishop and a lot more questions. James asked him a question, "How many babies have you christened while being a vicar?".

He replied by saying "I have christened a lot of babies while being a vicar."

My conclusion is I think kindness can change the world because if people would be kind and did things for people like simple things and even just smiling at people so I think kindness can change the world.

Do you think kindness can change the world?

## **Oliwia Walczak**

Christianity is one of the biggest religions in the world, sadly it is not mentioned in Pay it Forward. Christians/Catholics show kindness in lots of different ways, like treat your neighbour how you want to be treated and put others in front of yourself. A couple of days later the Bishop came to school and told us about his job. I asked him "what is your idea of kindness?". He said that "kindness is a very important thing and because I am a Catholic I think that Jesus is the best description of love to others and I think that everyone could love each other", and he thinks that even though you don't know someone or don't get along with each other, you should still be kind and try harder to love them like God loves us. After that I asked him what he thinks of other religions like Buddhism he simply answered that "I respect other religions because they show kindness in other ways too and show love to others". He too thought that Buddhism is his second favourite religion, after his own. That made me think because earlier in the year we went to see the Sikh temple and they looked very kind because they were and I am so happy they let us come.

## **Storm Butterworth**

For an example of kindness. Me and my family went to a pub in Cleethorpes, I then found a little toy but instead of keeping it, I went around and I asked kids if it was theirs; one boy said he knew the girl who it belonged to. (She was very happy to see it). Then my little brother had a go on an arcade game and won not one toy, not two toys but three toys with £1. This is a good example of if you are kind, kind things happen to you back.

## Georgie Watson

I think that kindness can change the world because if everyone starts being nice there will be no gangs and a lot less killing and you can be kind whenever you want because it doesn't cost anything but it is very hard to find in yourself like some people are bad and do BAD things.

Peter does acts of kindness in his job role as Bishop by listening to people he talks to in the street and the people that go to the churches. The money that the church receives comes from people who have donated it and these are the people who attend the church. Peter talked about the money that the church receives some of it goes to help the needy and charities, so this is showing kindness.

## Ben Wheatcroft

On Wednesday the 20th of April, we walked over to the Lakeside to try paying it forward for ourselves. We brought things like balloons, tea bags and sweets. When we offered them to people we received mixed reactions. Some were brilliant and they were astonished that it was free and that we were trying to spread a little bit of happiness and kindness. One woman even paid it forward straight away and bought the whole of our group an ice cream each because she was so amazed and happy. Although we did have some brilliant reactions we also had some not so good ones. Some people just ignored us or said no straight away before we had even said a word. Others would maybe think about it and then say no or would give us a reason why not. In one group Alex and Riley approached a man and he dismissed them straight away but when Amy and Caitlin approached him he answered yes. This fieldwork shows that some people are extremely



appreciative of kindness and others think that they will have to pay or that there is a catch of some sort. These members of the public could have also had a bad experience with people our age or not trust us. This shows that some people are willing to pay it forward and others are not which means that kindness can have a big effect on people which would change the other people's minds kindness. This means that kindness can change the world.

## Ryan Barker

Pay it Forward starts with one boy that was told to think of an idea for world change and put it into action so this boy gives money to a homeless man but he goes to jail, and the boy cleans up a woman's garden but she died. However, before she died she wrote her will to send \$8333 to three people called Matt, Terri and a nice cat lady so they can pay it forward.

Kindness can start from someone falling over and then picking them back up and if a homeless person needs money give them some of your money to show that you care.

## Demi Bunting

On the 20th of April 2016 7 Skipper, including me, went to the Lakeside Village in Doncaster to show acts of kindness to the public. Everyone had different experiences, for me at first I was nervous of how they might react but at the same time happy to have the chance to go to the Lakeside Village and show acts of kindness to everyone. The first person I went up to was a lady, I approached her with Annabelle Daley, I explained to her that we were students from XP school and we were giving acts of kindness out and would she like any flowers. I was shocked with her response she said "my husband has just popped in the shop and he has got my money, how much are they?". When we explained they were for free she was overwhelmed and gave us a hug and a kiss. During this we were paying things forward for example Paige's mum gave Paige some happiness boxes to share out and we gave them to someone else, this is called paying it forward.

## Paige Carter

On the twentieth of April, we went around Lakeside Village Shopping Centre, and gave out some little acts of kindness. I was nervous at first, but I gave it a go, and it was not as scary as I thought it would be, even though I forgot what to say. Matthew helped me remember. My Mum made some 'Happiness Kits' for me to hand out and I shared them with my classmates. By the end of the session, the 'Happiness Kits' were all gone. Some people's reactions were incredible, others weren't as good, because they thought that we wanted their money. This shows that people weren't shown kindness that much in the past.



## **Owen Crooks**

In kindness there are acts that mean different reactions so you could open the door even for a bully or someone violent it helps them understand that you don't care who you are opening the door to. So opening a door is only the beginning, you could stop someone from a gunshot and push them away but that means you're being mean because you're pushing them so being mean is as important as being kind. They would thank you for being mean that time because you saved their life. Rules make kindness a kind thing to do.

## **Annabelle Daley**

Kindness, it is all around us, we receive acts of kindness from people and we give out acts of kindness. We hold doors open for people, we smile at people, we talk to others. These all are acts of kindness that we may not realise are, but they make people's day.

In my opinion I think that all the religions in the world show kindness. This is because, as the Bishop of Doncaster said, all religions have integrity and should be treated equally with respect. Also there are acts of kindness in books as well; as we see in Pay It Forward where Trevor helps three people that he believes need help. In XP school we also showed kindness when we went to the Yorkshire Outlet to give out free acts of kindness to the members of the public.

All of these examples of kindness have lead replace with led me to believe that kindness can really change the world. What is your opinion of kindness and do you think that it can change the world?

## **Clarice Duffield**

There are people who give kindness without wanting anything back for instance my family were on the motorway then my Dad saw a car on fire. It rolled on to the hard shoulder we stopped on the hard shoulder further up and my Dad ran towards the car. The car was filled with smoke so my Dad held his breath and saved the old man when he opened the door smoke came rushing out. A few minutes later the car went up in massive flames. The one thing that upset my Dad, only two people stopped including my Dad.

## Matthew McEwen

Christianity is a religion that is one of the most popular religions people of the world believe in. The Bishop of Doncaster came to visit us and we asked him many questions about him being a Bishop and whether kindness can change the world.

Kindness is everything to Sikhs. Sikhs give people from any background food, this is called Langar, The food is vegetarian because Sikhs don't want to hurt animals and because nearly everyone can eat it. Sikhs are not allowed to be unpleasant to anyone because they say that everyone is just the same.

## Zoe Flatters

I believe that kindness can change the world. If everyone was kinder and gave things up then the world would be a better place. It doesn't matter what religion you are, it doesn't matter what colour you are, and it doesn't matter what you look like or feel like; it just matters about what you act like. Sikhs, Buddhists, Christians, Atheists, all show kindness one way or another. Kindness starts with you, only it's down to you to choose what you believe kindness is...

## Toby Kataryna

On the 25th of April the Bishop of Doncaster came in and spoke to us about kindness and how he shows kindness. He talked to us about how he shows kindness by going to a shop like Costa Coffee to buy a homeless person a drink. He talked to us about what he does in his daily life.

I've learnt that in Buddhism which started 2500 years ago there are over 360 million followers. The first Buddhist was Siddhartha Gautama who taught everyone about the religion and about kindness. I've also learnt that Siddhartha Gautama was a prince.



## **Oliver Gilley**

Kindness is well free, but it can change someone's day and even life. Unkindness is a lot easier than being kind and I think most people in the world don't try being kind and they are just unkind. They are unkind to themselves and to others. You can be kind by giving money to some homeless person or give money to charity and even just smiling at somebody can make somebody's day, it's just easy stuff like that.

Sikhs have an amazing religion because they will never harm anything and their faith teaches that service to the community is important. All Sikhs should be prepared to give up some of their time, talent and energy to help others. Sikhism teaches that people should try to become less self-centred and live their lives in the selfless service of others. If they see a homeless person they don't just walk away from them, they will help them get a drink or food and try and get them on their feet. Sikhs are also amazing at showing respect to people and the book they pray to is called "Scripture", they treat it like a human (Prince) and it is never lower than anyone in the temple .

## **Noah Heyes**

We had been given buns, brownies and other things to help and cheer people up. Matty and I walked around Lakeside and gave random people gifts to lighten their day. When we were walking around we saw three children that were around 3 to 4 years old so Matty and I gave them some sweets and some balloons. Like my Dad says "it's nice to be nice". Also Paige's mum brought in "happiness boxes" which we gave to other strangers to spread even more happiness. But this act of kindness also refers to Pay it Forward because Paige's mum gave us the happiness boxes and we paid it forward to other people.

## **Alisha Kaur**

Today, think of a kind thing that you have done for someone... it could be anything. BIG or little. Smiling at someone might not cost you anything, but it could change the person's mood or even day. Little things mean a lot and if everyone did this in my opinion, it could change the WORLD. Many religions follow this philosophy and base their religious beliefs on kindness.

Buddhism is a really calm and sacred theory of life, which Buddhists base their lifetime on. Kindness is really important to them, therefore following the Eightfold Path and the Four Noble Truths which shows them and leads them to making a kind and beautiful person within themselves. Making the right choice and not causing any harm to anything in the world is what I believe makes Buddhists really special in the modern world today. You may be wondering what the Eightfold Path is? Well it consists of eight very important rules, which Buddhists chose to follow in order to lead a good life (right speech, right action, right livelihood, right intentions, right view, right mindfulness, right concentration and right effort). Buddhism is one of the few religions which show this in the outside world.



## Joshua Marshall

Pay It Forward is a book which tells us how we could show kindness. This book is about a boy called Trevor. He was assigned a project called Think Of An Idea For World Change And Put It Into Action. So he showed kindness to three people, who were Jerry, Mrs Greenberg and Reuben (Mr Saint Clair). Reuben was a teacher at Trevor's school (his face was damaged). Mrs Greenberg was an old lady who was helped by Trevor. Jerry was a homeless man (about 40 years old) but Trevor let him in his house for a bit then Trevor gave him some money for shelter. Trevor shows a lot of kindness by giving people money and this is very kind because 12 year olds wouldn't normally give away money to the homeless. In this book it gives you ideas of how to show kindness in many different ways.

## Ellis Mawby

On 25th April the Bishop of Doncaster, Peter, came to our school to talk to us about kindness. He told us in his job that lots of people who are not Christians stop him in the streets because they recognise him by the clothes he wears, they tell him the sad things that are happening in their lives and ask him for help and he said although he has never met them before he always listens to them and does his best to show them kindness and give them the help that he can give. He also told us that the church of England gives thousands of pounds away to charities and people who are in need in the community and that people who go to the church to pray donate their money to help the church.

Four or five weeks ago I thought that kindness could never change the world and it was not possible. Now my thoughts have changed; when the people at Lakeside saw our gifts they were thrilled and happy. Now I think that kindness can change the world and the world can change to a better place and the world can live in happiness. When I went to the Lakeside and met people I was nervous at first but then after people talked to me and were happy with me and the act of kindness it felt good and made me happy. Actions speak louder than words.



## **Zara Mawer**

Kindness is everywhere, from people smiling at others in the street to supporting charities for the less fortunate. Others may disagree with this, but truthfully wherever you go there is always at least one kind individual. It doesn't matter whether you like a person or not, it doesn't cost anything to be kind.

What is kindness? Personally I think that kindness is the quality of being friendly, generous and considerate.

My goal is to answer our current guiding question, "Can Kindness Change The World?". We had the Bishop Of Doncaster come in and tell us what it is like to be a Bishop and what his opinion of kindness is. He believes that Jesus showed a tremendous act of kindness by giving his life on the cross to save us all, he also believes that all religions deserve respect and integrity.

How do you survive alone? How can penguins survive the cold without huddling? How do birds fly without a group to fly with? The answer is ... they can't. They need each other and that's what kindness is mainly about, it's just that sometimes people forget it.

## **Marley McAnulty**

Kindness is the way you act towards someone, and an example of kindness can be as simple as smiling at someone in the street. I think that kindness can change the world if everyone puts their minds to it.

Another act of kindness is helping someone across the road, or you could help carry someone's shopping.

Lately we have been learning about Sikhism. Sikhs show acts of kindness because they don't kill animals to eat and they are kind to each other. An example of this is 'Langar' which means sharing food. People who are maybe homeless can come and get free food. Sikhs show a lot of kindness as they follow their religion.

## **Brandon Nilsen**

We have studied some religions that show kindness. One of these is Buddhism. Buddhism was created by Siddhartha Gautama. When he left his palace he saw suffering people in very bad conditions, so Siddhartha thought that he could change the world. Buddhists believe in Karma which is when you do something it comes back to you.

Another religion that shows kindness is Sikhism. Sikhism was founded by Guru Nanak. It is a religion that cares about other people and respects other religions. On a Sunday they get their community together and have some food, this is called Langar. Anyone can come to Langar it doesn't matter if you are old or young, homeless or from another religion.

## **Kiera Durkin**

Kindness can be shown in many different shapes and forms, from smiling at someone or holding a door open for them, to giving them money or a place to stay. It's doing something genuine for someone without thinking of how you can benefit from it. Wherever you go, if you look hard enough you will see some form of kindness ...

My view is that most of the kindness you see comes from religions. Buddhism, Sikhism and Christianity are just some of the religions. The Bishop of Doncaster came in and told us what his views are on kindness and if he thinks that it can change the world. He said to respect other religions because they have "integrity". Sikhism shows kindness through letting people into the Gurdwara to eat food for free. Buddhism shows it through the Eightfold Path, like not getting a job that involves the harming of animals. I think that kindness can change the world. What do you think, Can Kindness Change The World?

## **Joseph Nixon**

Kindness comes in many different forms and this form is free, most things have a price but kindness does not. Kindness can just be something as simple as holding the door open for someone or maybe smiling at someone when they come to school in the morning, but without you realising it, you may have brightened up their day. Over the past term we have been looking into religions' views of what they think kindness means, these exactly are, Buddhism, Sikhism and Christianity, as well as reading books and text extracts like Pay it Forward and The Happy Prince to find out the answer to the guiding question which in my opinion, yes, kindness can change the world.

## **Kajal Singh**

During this expedition we have looked at numerous amounts of ways kindness is portrayed. This discursive writing will tell you about some of them. One of these acts of kindness is shown in a book called 'Pay It Forward'. Pay it forward shows kindness because a 12 year-old boy named Trevor has an assignment which was, 'Think of an idea for world change and put it into action'. Trevor was determined to complete this assignment so he decided to help a homeless person called Jerry. This is an act of kindness because Trevor, a more fortunate person, helps Jerry to give him what he needs to be not as unfortunate a person. This is a bit like Sikhism as in the Sikh community there is a thing called 'Guru Nanak's Free Kitchen'.

## Kelly Wain

In class we have been working on Can Kindness Change The World? So we wrote an essay which summed everything that we did in class to learn about our Guiding Question.

On the 20th of April we went to Lakeside Shopping Centre to spread some happiness. When we were there we gave some children sweets, chocolate brownies, bubbles and balloons. We gave the elderly and grown ups flowers, bottled water and afternoon tea sets. When we gave these things out we had a variety of reactions for example, thank you for giving us these, no sorry, or how much is it? When we got there we all felt a little nervous at first but once you spoke to someone you got used to it. We got back to school Miss Batty got an email from a woman saying thank you for the balloon you made my son's day. In my opinion I think 7 Skipper met their goal.



## Aimee Herriot

On Monday 25th of April the Bishop of Doncaster Peter Burrows aged 61 came in and spoke to us about the Christian symbol of the cross, he always keeps his cross on when he is working. Peter thinks kindness can change the world by treating people well. He tries to make his wife happy because lately she has been ill, he was helped by a lot of people so now he's paying it forward to his wife. We asked him questions and he always thought of extremely good answers, for example: we asked him what was the hardest part of being a Bishop, and he said it was the long hard working days and having to work with negative people. Peter Burrows has been working in churches for 33 years and the last 5 of them he's been a Bishop. Some of the charities he supports are the NSPCC and Christian Aid. His one thing he enjoys the most is watching people's lives change and when people come to church for help. He enjoys being a Bishop because he gets to meet new people, he met the Queen three times and the other members of the Royal Family twice. He is always busy because he always has lots to do and he believes whatever religion you are you must still respect other religions, he was chosen to be a Bishop by the Queen. His best achievement is helping people, he believes the biggest kindness in this world was Jesus coming and guiding people through prayers.



## **Jake Riddiough**

On the 20th April 2016 all of XP went to Lakeside Shopping Centre and gave out acts of kindness to members of the public such as water, sweets and dog treats. Some people thought that they had to pay for it or we were doing it for money. The reflection on the school was good, we hope we left happiness. We saw this man that had finished work and then we gave him a bottle of water. The old people were very kind and took it all the right way and didn't take it wrong or become confused.

## **Maisie Finney**

Can kindness change the world? Well at the start of this expedition I wasn't quite sure about the answer. We were questioned about this and we made an anchor chart about what we think kindness is. We came up with ideas like being selfless, having a good character, supporting others and many more. I agree that kindness can change the world.