

Kindness

Kindness is a beautiful bright colour

Maybe yellow, white, the blue of the sea

The orange of the sunrise

The pink of the sunset.

It is soft but yet strong

She holds us loving

In a warm embrace

And whispers – ‘you are enough’

She is your favourite teddy

A mug of hot chocolate

A warm cosy bed

In which to lay your head

She is a kind smile

A warm thank you

A questioning

Can I help you?

Your mother’s Grandmother’s or a dear friend’s

Warm embrace

A hug when you are feeling sad

A kind word when all seems bad

So practice a little kindness each day

In any or all of these ways

And watch your life

Flourish and grow

As you spread kindness to all those you know.

Paula Juliet Carolan

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