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In my definition kindness is when one person does a kind thing for another. Some things you can do to show kindness are holding a door open for someone whose hands were full. In the dictionary it describes kindness as “the state, quality, or habit of being kind, or, a kind act or treatment.”

At my school I have seen many people show kindness. One of the things I have seen is when a student drops their books and other people help pick them up. Students don't just show kindness to their peers, they do for teachers, too. I've seen a student help a teacher carry their books because they had so many. I see many different acts of kindness each day.

At my house I have five other brothers and sisters. We each show each other kindness. When my parents are working we all work together to get the house cleaned up. My parents show us kindness by helping all of us on our homework.

I know many people who show kindness. But there is one person that I can think of that shows kindness the most, my brother, Andy. He is a senior this year and he's going to become a minister. He is kind to everyone he knows and everyone he sees. He goes to church every Sunday and on the days we can go with him everyone comes up to us and tells us what a good kid he is. He doesn't care who the person is, he is kind to everybody.

I think this trait is important in everyday life for many reasons. If nobody was kind to each other no one would get along. Kindness is one of the many reasons people chose to become friends with someone else because they are kind. Someone who wasn't kind to others probably doesn't have any friends because of the way they act. So kindness is a very important trait to use for everyone in everyday life.