

Kindness Rocks

“A kindly tongue is the lodestone of the hearts of men.” - Bahá'u'lláh

On an island beach in Hawaii, you might discover a newly formed rock created by a volcano's lava. Across the ocean, you could spot a rock that's *billions* of years old. Everywhere we go, we see the story of the Earth written in its stones.

Like rugged rocks, true kindness is enduring and reliable, too. It's a solid way to connect with others, bring joy to people's hearts, and strengthen

our communities. In words and actions, kindness makes a lasting impact.

Even when life gets rocky, you can still find ways to be kind. You could do yard work for an elderly neighbor, bake a treat for your teacher, or send a cheerful email to a friend who's feeling down. When you look for ways to make life a little better for someone else, you're writing the story of humanity—and making it a happier one.

Match the word fragments to find nine words about spreading kindness.

