

I liked this quote because it is true. If you smile at someone, you are not gonna lose anything, but you are gonna make the person happy.

For me this quote means that you have to be kind with everyone, even your worst enemy, even though this is hard,

Hard,

## Hhaarrdd!!

It also means that it is a good thing to be kind, because when you are kind, everyone is happy, and you are not gonna lose anything.

My way to spread kindness is to be kind, nice, patient and tolerant toward people. I can make people happy in many ways, like smiling, helping, or even listening to them when they have something to say like a situation, or the fact that they are sad, angry.....