



FREDRIKA HARGROVE

MARTIN LUTHER KING DAY ESSAY

Directions: Click inside each box and enter your name, grade, school, and teacher. If you have a title for your essay, enter it in the Title box. Begin typing your paper under the title box. The text box will expand as you type. Once you are done and ready to submit, type your initials in the gray box to confirm that this essay is your original work. **Do not change the font or the size.**

Name: Kinsley Riley	Grade: 5th
School: Heath Elementary School	Teacher: Click or tap here to enter text.

Title of Essay: Be the Hands That Help

According to Audrey Hepburn, “As you grow older, you will discover that you have two hands- one for helping yourself, and the other for helping others.” By giving with your hands, you can not only help yourself but also help others to make Paducah a better place. The most effective way for students my age to make a positive impact in my community is by being the hands that help by doing the following things: helping others in need, volunteering in different activities, and being kind.

To begin with, I can offer a helping hand by assisting those in need. In the article, “10 Young People Who Have Changed the World,” the author says, “As a teenager, Nicholas Lowinger started a community service drive to donate footwear to children experiencing homelessness.” This is an example of offering a helping hand because this helps kids who don’t have a home be able to get a nice pair of shoes. Also, “11 year-old Orion Jean founded the Race to Kindness foundation in 2020. That year, his organization held a Race to 100K Meals event that provided over 100,000 free meals for families across the country.” This shows how a young person like Jean was able to help those in need by creating a worldwide organization dedicated to giving to families that either can’t afford food or find food at places like food banks. For instance, my church and I helped those in need by giving out bags with socks, granola bars, beanies, and a tooth brush with toothpaste for people who don’t have a place to live. That shows that I am giving those people the supplies they need and the hygiene they need so that they can feel good about themselves. To conclude, those are some ways to help those in need.

Next, I can be the hand that helps by volunteering for different activities. One article states, “Volunteering increases social interaction and helps build a support system based on common interests. One of the best ways to make new friends and strengthen existing relationships is to participate in a shared activity.” This proves that volunteering can get you new friends and help your mental health. In addition, “In many cases, volunteers have diverse backgrounds, which expands their social network and allows them to practice social skills with others.” By volunteering, you get the chance to meet different people from all walks of life and build positive relationships for the future of your community and yourself. For instance, my grandma is participating in the Ballard County Extension Homemakers Association “Holiday Tour of Homes.” This event will help sponsor a scholarship for a deserving student of Ballard High School that may not get the same opportunity for education without it. In other words, when my grandma does this, she can make new friends or find a new hobby she would want to do more often. These are just a few examples of how volunteering can help make a change in the community and be a helping hand.

Finally, being kind is another way to be the helping hand. According to the text, “When children learn to

express empathy and support others online, they create a culture that discourages bullying. When leading by example, parents can teach their children the value of being kind and respectful on digital platforms.” This shows that by being kind and helping others, you are also encouraging other people to be kind too.

Furthermore, “Encouraging children to engage in kind acts online-whether it’s leaving supportive comments, sharing uplifting content, or helping others in online communities-can foster a habit of kindness that extends beyond the digital realm.” This demonstrates that kids like to encourage kindness on a screen and in real life. For example, when I see someone at school getting bullied, I try to stand up for them and help them. This proves that being kind can help others learn how to prevent arguments. In summary, that is why being kind is part of being a helping hand.

In conclusion, these are some effective ways for students my age to make a positive impact in my community. Helping others can be done by creating an organization or a community service drive to donate to people in need. Volunteering is another way of being the hands that help because when everyone comes together, you can make new friends and socialize! To sum it up, being kind can also be the hands that help because you can do so many things like, donate, lift someone's mood, etc. What is stopping you from making a difference in your community?

DECLARATION OF OWN WORK

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