

What Am I?

You know me well,
I've always been around,
Though sometimes forgotten,
My limits have no bounds.

Some people forget me,
Neglect me and ignore me,
But I am stronger than most,
On that, we can all agree.

I can take little effort,
I don't need a grand event,
Just a simple reason,
With the purest intent.

Money isn't needed,
Handmade works well,
Though a wave or a hi,
Is just as personal.

You could write a card,
A message of gratitude,
Maybe a little note,
With a positive attitude.

You could do some volunteering,
Helping to look after things,
From soup kitchens to shelters,
Let me spread my wings.

Have you tried listening,
To a friend's worries or cries?
To just be truly heard,
Is a wonderful prize.

Remember me yet?
I thought you would,
I've always been around,
You never misunderstood.

Remember my name,
It is kindness after all,
Be sure to use me today,
Even if it is something small.

