

A Simple Gesture

A simple gesture will do the trick,
It can be something great or minuscule,
Perhaps purchased but rather handmade,
At home or in the classroom at school.

With so many options and possibilities,
An act of kindness is great and true,
It can mean the whole wide world,
To someone like me or even you.

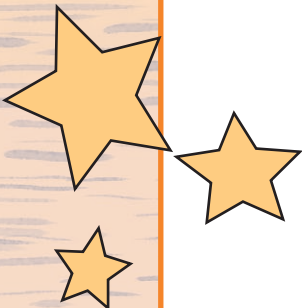
Checking in with an old friend,
Maybe holding the door for a stranger,
An optimistic sticky note here or there,
A smile can be a huge gamechanger.

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Helping to clean up the environment,
Donating to an animal rescue centre,
Humans are not the only beings in need,
When it comes to a simple gesture.

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A heartfelt compliment is nice to hear,
Especially if feeling down and broken,
Affirmations are wonderful things,
It is best not to leave them unspoken.



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There are ways to pay it forward or back,
A spur of the moment or a planned act,
A simple gesture throughout each day,
It can have an immeasurable impact.

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It's an electric feeling that stretches all over,
Buzzing, beautiful and bright,
A feeling of nurture and care,
As it radiates such joy and pure delight.

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An act of kindness is great and true,
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You are
awesome!

