

# 5<sup>th</sup> Grade

## **Emily Cunningham**

Have you heard of the Ark Project? It is when people do Acts of Random Kindness and donate for a very good cause. I feel good when I put money in my Ark because I know I am helping people. I think the Ark project is a great idea because people are donating money for a good cause and are doing acts of random kindness. Many people are helping make the Ark project, so it will be a big success. People should always do acts of random kindness. People can do acts of random kindness in school, at home, and in your neighborhood. There are many ways to be kind, for example if your neighbors are coming home from the store, and they need help carrying their groceries in their house you can help them.

Doing acts of random kindness impacts me by making me a better person. Whenever I am kind, it makes me feel good. It is great to help other people in need. Every time I come to school, and I look at the ark and the animals on it I feel happy.

The Ark Project is an amazing idea especially during a pandemic! It can help a lot just by being kind. The ark project has helped me to be more kind.

Being kind doesn't just impact me it impacts who I am being kind to. I think it is amazing that if our whole school donates money, we can collect over one thousand dollars in just one week! The Ark project is amazing!! Would you like to be part of this great cause? Then donate today!!

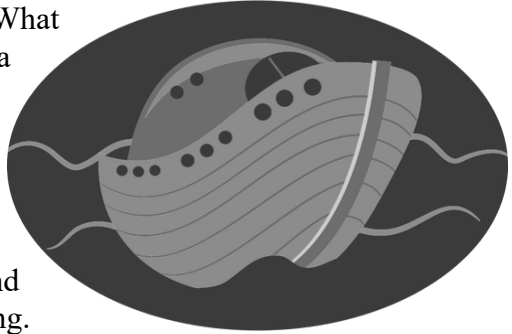
## **Cash Duffy**

Doing nice things makes me happy, and I feel good. Sometimes the smallest things make me feel good. Helping my Grandma bring in her groceries, or walking the dogs for my mom, and I like doing anything that helps people and makes me happy. Spreading kindness impacts me by doing good things every day, and inspiring others to do acts of kindness in their community. So, the world will be a better place. Be happy and help people because the world will be a big community without hate, only kindness! Everybody

should not be hurting people, and people will not be bullied. We can help sad people by giving them love and make them feel happy and healthy. All our kind acts will not only help our school, but also our community. Everyone also could make our world a better place.

### **Ryleigh Santee**

What is the Ark Program? What does it mean to me? I do a good thing for someone every day. It makes me feel good. The world is suffering, and the little things we can do can make someone's day special and meaningful. It is a great thing.



One day, the world will be doing the ark project, just like me.

These are some things I did as acts of kindness. I cut the grass, I take my dog for a walk, wash the dishes, and help my grandma with groceries. I also helped anyone who needed help. The Ark Project is a special way we show kindness.

### **Ella Sebia**

What project are we involved in at our school? It is the Ark Project. By putting a coin in the ark, it makes me feel good. I like helping other people because I want to make others happy. This makes me feel happy. I want to do more good deeds to help charities, to help dog rescues, and to just help people.

What have I done since we started the Ark Project? I have done so many good deeds, so here are my good deeds. I took a shower without my dad telling me. I asked my mom if I could help an old lady carry her groceries to her car. I opened the door for some people at the grocery store. I put my clothes away when my mom told me so. I helped my



Auntie carry in groceries from her car, into the house. I cleaned the board for Mrs. Toomey and gave my class cleaning wipes. I also cleaned up after dinner; So, that's why the Ark Project inspires me to do good deeds for others. I will continue doing these good things every day. You should too.

### **Ethan Matechak**

What is the ARK project about and why is it important to me? When I donate money to the ARK, it makes me feel very happy. I also hope that the money can go to people that need it. I can't imagine how hard it is for the poor to do anything in their lives. I hope these donations will help them. Whenever I donate something, I feel really good that it is going to someone that needs it. If I find someone that is poor, I will give them some money, food, and clothing because it is the right thing to do. If you see someone on the streets, make sure to give them a little donation because you should do the right thing too. This is an important project for our school and for the community. Please think about helping and you too will feel good. If you have any money then you can donate it to our school, so you can do the right thing too.

Share the kindness!

### **Gianni Mantione**

What is the Ark Project? How can you help like I did? It is a very important way to help people with this project. It's fun donating. Many people donate and the teachers love when students donate. Every act of kindness is good. Some kids and adults in our world don't care, but I will always donate. We want everyone to care. We want everyone to help us and do kind acts. It is worth it.



This is a great project.

## **James Chromey**

When I insert a coin into my ARK, it gives me a warm, fuzzy, hopeful feeling that many less people will be homeless or go hungry. The way I see it, every coin is a step closer to a better future for a group of unfortunate people. I feel when I commit an act of kindness, I can make a friend or make someone's day easier. I know that if we all work together, and work harder and harder every day, we can be a beacon of hope for people in need. It brings a tear to my eye to know some families don't survive due to a lack of food, money and shelter. In this case my goal is to bring an end to the starvation of poor families, and all we need is to insert a coin or two or be kind enough to people (even if we don't know them,) or give something. It's all a worthy sacrifice of time, money, food, toys, or anything! It's all worth it to bring a hearty smile to the faces of the ones in need. I feel that making a donation is doing G-d's request to feed the hungry, clothe the naked, shelter the homeless, and love one another in his honor. G-d wants us to give to those who don't have, and be nice to others, even if we don't know them. It is good to be able to stop hunger or poverty even if it is just one coin at a time. This is why I feel good about the ARK project.

## **Martha Goffredo**

Well, I think it is always better to help people. For example, when I went to New York City there were people begging for money on the streets, and it made me feel so bad for those people. So, the Ark project, I personally think is an amazing thing and one dime, one penny, and really anything can help people. I am so happy to be a part of the Acts of Random Kindness. This impacts me to be a better person, and to be thankful for what I have. I am willing to put my own money in the Ark to make other people happy. People need help in the world, especially during these horrible days of Covid, but we all need to think on the positive side. Personally I love to make other people happy, and give people presents. I am so happy that our school got picked to do these amazing Acts of random Kindness. I also feel so bad for the animals that are being harmed. It would be amazing if all those people who lost their jobs during Covid-19 could get their jobs back. I would also love it if

people stopped fighting and being bullied. Everyone should be treated the right way, and that is the kind way. Right now, people need to think about others. I am also so excited that we get to pick a cause of our choice! How amazing is that! But honestly really any cause would be amazing to help with. These Acts of Random Kindness really made me think about how lucky my family is. I really hope everyone can be as lucky as I am. Because of the Arks, it truly makes me want to do more kind things because I know I am helping people. This is why this project is important to me.

### **Molly Pokrinchak**

Why is being kind to someone special and rewarding? I feel like when I am kind to everyone and put donations in my Ark, I feel like I am changing the world. Doing acts of kindness reminds me that I should not give this up even when no one is looking. I should still do these random acts of kindness. When I fill the Ark, which is a bank, I feel glad that I am helping so many families who lost their jobs, people experiencing loss, and people having a difficult time. I will do this for the rest of my life, and I will give donations to sick people, poor people, and organizations that are needy. I also love to be kind because more people will hang out with me like my friends. I still should be nice to them, and not be mean back to them. Giving donations and being very kind is awesome and awesome to do! I still follow my principal's very famous and very awesome words, "Please be kind to everyone!" I still want people to inspire me because I don't ever want to forget to be kind, especially to people. It makes me grateful to be able to do these kinds of things. I will continue to do this, even after the Ark project.

### **Alex Rosencrance**

What is the Ark project? How can I help? Donating to the Random Acts of Kindness project, makes me feel good. I make G-d happy every time I complete a kind act. I feel happy too. We should spread kindness. Our school is helping the poor by donating to the Random Acts of Kindness. Would you please help too?

## **Brandon Renfer**

The ARK helps animals that are suffering in the wild. The Ark sends money to places like the SPCA, ASPCA, and the ARK rescue network. This is a great thing to do so we can help the environment.

We can help the environment by riding bikes, driving electric cars, car pulling, and filling gas tanks when it's cold. By recycling something will help the environment by reusing something to make another thing. We can always help people that are homeless and poor. We can help people by donating, fundraisers, coat drives, collecting canned food, etc. Helping people is a nice thing to do. The money that we donate is showing how much we care for animals, people, and the environment.

We like to give things to unfortunate people. I like helping people and it makes me happy inside. It makes me happy because I know that I am helping people. I like donating because it tells me that I am helping people and animals around us.

## **Derek Bohn**

You're probably wondering, "What does A.R.K stand for?" Well, let me tell you: ARK stands for Acts of Random Kindness.

You also may be wondering, "Where is all this money going to and what is it for?" Well, it's going to the C.E.O and that ends up helping people with food insecurity.

During this project, we bring our ARK banks to school and count how much money we made. I am happy to say that we made over \$1600 throughout 3 weeks.

The amazing thing is that it is all going to people in need of food because we can all agree that it does not feel good to go to bed on an empty stomach. And I feel like I am so lucky that I can go to bed with a full stomach and not have to worry when I am having my next meal. That's why I donate my money to the A.R.K.

This is how doing random positive actions impacts me.

## **Brad Bohn**

The acts of kindness are when I donate to the ark. It's a good thing to be kind to the homeless. and to the poor who need food. An act of kindness someone has done to me is when I had a sleepover with my cousins, and I went to the store. This guy paid for us and when we got there. he said he needed cables to start his car. and someone gave them to him, and he told me when someone else needs help you help them so you should always help others. I will donate to the ark. I have money in the ark for the foundation. We bring our ARK banks to school on Mondays, and the money is going to the food bank for the people who need food. So, I think this was the best choice that the school could choose. When I make good actions, it makes me happy. So, I try to help everyone I can by donating to the ark. This impacts me at home to be nicer to my brother and to be nicer to my mom and dad and I am grateful that I have a house and food and even if I help one person get a house, I would be happy.

## **Michael Weiss**

I feel as if consistently performing positive actions is making me feel better about myself. It can be a self-esteem booster to think that you are doing some good in the world. Giving the money to the charity fund will not only better oneself but also others who will gain food, water and shelter from the donation. Performing these consistent positive acts will cause some people to want to be around you more because they may think you're a good person for giving the money. Impact you financially as in if you give too much you won't be able to take care of yourself. You could also develop an inflated ego from all the compliments you'll be getting for being a great person. It could ease the pressure of being better. When you think of the good you've done you could maybe go easier on yourself. Performing these acts of kindness can ease the pressure of this causing you to perform better in school or in a job setting, also at home you could be more melo or calmed. This means that you'll be able to solve disputes better and have a clearer mind in general. This has been my short essay about continuous acts of kindness.

## **Samara Bellas**

### The Ark of Kind Deeds

When we started the Ark Project, I thought it was a really fun thing to do. I liked putting the boxes together and spray painting it. It was fun to draw on the boxes to make it look like wood. I volunteered to make a zebra for the Ark. I made it with my mom. The whole idea of giving money for performing positive acts is a kind and generous thing to do.

This project definitely had a positive impact on me. It made me feel good inside to do good deeds. For instance, when I helped my neighbor carry groceries into her house, she expressed her gratitude. The smile on her face said it all. When I took the garbage out and cleaned my room, my grandma said thank you. That gave her time to do other things. I loved the idea that I made someone else happy. I feel that by doing kind deeds, I am an example to other people. I hope that they will do the same.

Sometimes being selfless isn't easy, but by doing this project it made me realize that I can make this world a better place. I love knowing that I have made someone's day a little nicer. As I grow and mature, I plan on donating money to charities and giving my time to do good deeds for others in the future.

## **Anthony Ford**

I think the ark project is great because it's teaching kids to donate to charity. It shows people that sometimes the world is separated. But with the ark project we can all come together. The ark project makes people feel great.

I have donated a lot of money to the ark project. I think it's for a good cause, and I love donating. It makes me feel great. I think every school should have this project and they should all pick a different charity, so that everyone can be healthy in the world, and everyone would be kinder.

Every Monday the teachers collect money from the students' arks. The money helps charities care for poor people. I think it's a great project to have in every school. I love doing the ark project. It makes me feel so heartwarming and so happy.



All charities should get a donation from the ark project. It would make the world a better place. I think the charity owners would love getting donations as well, and the people that benefit from the charity would love being helped. That's why I love the ark project.

The great thing about the ark project is that you have your own personal ark. And You can put your name on it. All you have to do is a small donation every Monday, it can even just be a dollar.

You are supposed to sacrifice something so other people can have something. That's what the ark project stands for Acts of Random Kindness. Those four words make me very happy. I love going places on the weekend or weekdays and holding the door open for random people. That's an example of Acts of Random Kindness. I love doing kind acts for people, that's why I love the ark project.

# 6<sup>th</sup> Grade

## Emma Bednar

When I first heard about ARK, I thought to myself: is this NOAH's ark, or more work for me? I became distracted with these thoughts: ARK is much more than a word, and it really should be considered a verb. I am going to use it in this way and even if it is not spelled correctly, it really is meant to be a verb to me.

I define "Arking" as being unselfish and doing random acts of kindness. I did not know that a simple coin in my little orange boat could be so life changing to me. I realized that after all this time, that when my parents told me I could keep the change, I was just thinking "more for me". Now, I am "Arking" and placing all those coins in my boat which may be able to change the day or bring simple things to someone and I may have helped with this. I took this spare change and bills for granted and did not realize this whole time my parents were teaching me the importance of saving and every cent does matter and not to be wasteful with my spending. As I was walking to my refrigerator, which my parents always make sure my favorite foods are in, I realized that some children will not even have a home or good food to eat. I thanked my parents for taking such good care of me. I now understand when my parents tell me to eat all my food and not to be wasteful.

As I place my coins in my little boat, I can't help but ponder that I need to continue with my "Arking", and it just can't stop at one boat. "Arking" needs to be a global change, especially in this world. "Arking" cannot just stop with a boat and a coin but must be continued acts of kindness. I have learned to appreciate all the opportunities that I am given and the comforts of my home. I will not take running water and electricity for granted.

"Arking" can be expressed in simple words such as a "thank you" or a "please", and I was reminded of a simple little saying that my parents taught me - there are some special words I need to know to say: "please" and "thank you" at home, at school, and at play. These words are words of "Arking", and I did not realize it. It is so true.

My ARK project will not end today. I will continue to surround myself with good deeds to enhance others. My words will be thoughtfully chosen, and actions thought out. Before I speak, I will be reminded that “Arking” is a verb and to be used as so. I am looking forward to taking my new learned verb of “Arking” into my life and helping to enhance others.

### **Connor Pribula**

By performing acts of kindness, it makes me feel good inside. When I feel good inside, I feel like helping more people with kind actions. This creates a cycle of never-ending kindness. When someone is kind to me, I pay it forward by continuing the kindness. When I do an act of kindness and make some smile, I feel good knowing that I might have made someone’s day better.

When I perform acts of kindness, I feel like I have helped make a person’s day better. Perhaps I have removed some stress from them or made their day a bit brighter. When I see that I my positive actions have helped make a person’s day better, it makes me feel happy and proud.

It is nice to know a simple act of kindness can go a long way. When you start today off in a positive atmosphere, it generates into a positive mindset that you want to share with others. Out of positivity comes kindness. And, with kindness, you can change around someone else’s day. No act of kindness is too small. Sometimes it is just the simple things that can brighten a person’s day.

Inserting the coins daily into my ARK bank makes me realize that I can give back to my community. Through acts of kindness, I can help people that are less fortunate than me. The act of placing a coin in the ARK bank gives me a great satisfaction to know that my kind gestures are in turn helping others.

By helping other people, I feel like I can make a difference in a person’s day. By doing one act of random kindness, if a person is about to give up, I can give them a boost of encouragement. This act of kindness might give them the encouragement needed to not quit and continue to do what they good at.

When I give money to a charity, much like with the ARK bank, I feel like a person's life will get better. The charity can give them a meal, clothes, or other items they may need. I feel better giving money to a charity than to buy something that I do not need, for instance a game, another toy or junk.

Doing acts of random kindness has made my day, week, and month much better. It is better for not only me, but other people too. This in turn makes the world around us a better place to live in.

The ARK project is something that can help a lot of people and I am happy to be a part of it with my school.

### **Nina Agostini**

A beautiful and safe home, food in my stomach, loving and caring parents, and a good education are just a few of the many blessings in my life. I thank G-d every day for these blessings as well as the long list of others that are in my life. I am very thankful because I know that there are people out there that cannot say the same. Knowing that makes me sad.

The ARK project that we are involved in through school is a great opportunity to help others who are less fortunate. Every time I add to my ARK bank, I think of all the possible good things that the donation, added to all the other donations, can give to others. It makes me feel good and helpful. I feel like sometimes I forget how good I have it, and that sometimes I feel I don't show my appreciation for things. When I add to the bank, it makes me stop and realize and appreciate. I then feel like maybe I should take it one step farther and go and do something extra around my house for my parents. Just by doing one small thing like running the vacuum cleaner or straightening my room shows my appreciation and puts smiles on my parents faces. Amazing how placing a coin or two into a bank can cause such a good effect on so many people.

I feel very proud every Monday when I hand in my donation. Participating in this makes us better people. We are doing what G-d taught us to do – to be kind and generous.

## **Brandon Cegelka**

This is my essay about the Ark project that our school was chosen to kickstart and how performing constant positive acts impact me. I want to go back to the very first week when we were told about the ARK project. I won't lie - at first, I was a bit confused about things, but I slowly began to understand it. When I first learned we were building a cardboard ark I thought it would be a 2d structure like a front wall of an ark and then at the back it would be help but by wooden polls kind of like a movie standee that they use at movie theaters and I was really excited to start on it. During the weekend I would do tasks around my house for my family. Some of the things I did were holding the door open for them, cleaning my room, mowing our front lawn, and feeding our 2 dogs Sully and Paxton. Each time I did an act of random kindness I would put 50 cents into my ark bank. Most weeks I would end up with roughly 5 dollars in their but looking back on it now there was a lot of other things I could have done but I don't and I am going to make sure I am going to try and help anyone that may need it because I just want to help people whether they may be depressed and need help to just trying to make someone's day a little bit better I just want to try to make people happy and I honestly think that's my purpose in life but not in a sad or bad way but in a good way. Overall, I think it was a good idea for our school to do this. We have such a loving community here at WACS, and I am glad that everyone is doing their best to be kind to help out others and actually donate.

## **Gia Aiello**

Performing consistent positive actions impacts me in a good way. When I donate money to the ARK project it makes me feel good because I am helping people who need it. I also collect the money to put it in, so it is my own money.

We donate money to the ARK every Monday. We have raised hundreds of dollars every Monday. This ARK project has made me think about and feel sorry for people. It made me understand that everyone is going through something even if they are not showing it, so we should be nice to everybody. I get my money for the ARK

by sacrificing some of the money people give me. Like if my mom gives me money for doing the dishes, I will take half out and donate it. Sacrifices are hard for everybody, but it helps to know that it is going to a good cause.

Since the ARK project I have been thinking about what I say a lot more often. So that also means I have been trying to be nicer to people. Every minute of the day we should be nice to people. The golden rule is to “treat others the way you want to be treated”. I try to live by that every day. Being nice to people makes you feel good. I think everyone should try it because it is easier to be nice than mean.

I think that it is ok if you can't donate every Monday because we all have stuff going on in our lives, but you should try to. Even if you donate \$1 it makes a difference. You do not have to donate a lot, but if you choose to, that's ok. I see it as if you give a poor person a dollar, they can have a lot of choices of food or drinks to choose from. It makes you feel good after too. Even if you find 50 cents on the floor it can still make a difference.

This project has made me think about my actions and probably a lot of other kids too. If you cannot donate that's ok. You can spread the news to other people though. Then other people can donate and make a difference because you spread the word! Spreading the word can make a big difference because other schools can help too! We can make a difference if we come together and help. It is better when we work together. Hopefully, other schools and people will join. Our school alone can raise over 100 dollars every Monday! Now think how much we could raise if other schools and people help! We have raised over \$2000 in total so far. That is pretty awesome for only doing this for about a month. There are other ways you can help than donating.

For our ARK project we color animals and put them on the ARK that 8th grade made! Every \$5 you raise you get to put an animal on the ARK. My class, 6th grade, got parrots. In my opinion coloring is fun especially with animals. Now if you were in another class, you would get another animal, like a kangaroo or a

crocodile. The ARK is displayed in the front of the foyer and it looks cool. So, join and donate if you can!

### **Simon Pollard**

As an 11-year-old boy, I do not really know how positive actions impact me. What I do know is that when I asked my parents for help with this assignment, they talked to me about the positive things I do, and I did not realize what I have already done and continue to do to help others. The things I do are things they taught me to do since I was little. We deliver food boxes to people we know without cars once a month. I always open doors for people at stores. We help Jeanie with walking and cutting her food. I ask my brother if he is ok when he has meltdowns. I always play with babies and little kids and that helps the moms to finish what they are doing. I am nice to all the kids on my lacrosse team even if I know their mom is mean to my dad. I get up and hug my grandma and grandpa when they come over. I clean out the dog's bowl every day because he has things floating in there. These are the things that I do that are positive and to me it just feels normal. I don't think I do anything to make me feel better, I do them because it's just what I do and what I should do. I haven't put coins in the bank every day. I just reached into the change container and took out a pile. I hope to pick out more quarters because they will be the most money and I know the money will go to the food pantry. Some of those people really need the food so they won't be hungry.

### **Curtis Leibman**

Performing consistent positive actions impacts me because it's doing things that make me feel like a better person and makes me feel good. I donate to charity and give old clothes to the poor. It makes me feel happy that I am helping them and giving nice clothes to them. I also helped people for a food drive and the people running it were happy that I was helping. I felt good because I was giving food to the poor. We have also given food that we didn't want and the people running the shelter were happy with us. Instead of buying ice cream I put the money that the ice cream costs into the ARK. I helped by giving people drinks at a

party because the waitresses were really busy, so I gave them a hand and they were very thankful, so I put the money into the ark. When I did chores and got money, I put it into the Ark. I am very happy that I can help out with the ARK to donate to the poor. It feels good to help them out. I think that the Ark is a great way to help out and help give to the poor when they need the money. I think that more schools should do the ARK program because the poor need the money and if other schools do the ARK, it will be a huge help for others. I feel like this is a huge improvement for the poor and doing the ARK is fun for children. The charity loves this and what we are doing to help out and will be thanking us. I think it is a really good idea for a whole school to be doing this because it is an act of kindness and doing this will help the children do more acts of kindness when they grow up. But not only little children but even older children can do this to help them make random acts of kindness when they grow up too. This was a really good idea not only to make kindnesses, but really help others. The ARK will help our school help others when they are older. I want to thank the schools that also did the ARK to help the poor and give them money for food, clothes, and more. I feel really good to help charity with the awesome ARK project.

### **Isabella Falzone**

Performing consistent positive actions impacts me by allowing me to feel better about myself, and it helps me learn valuable lessons through being kind to others.

I love the idea of giving to an organization that helps the less fortunate. By inserting a coin into my ark every day after I do a good deed it reminds me that doing just a little act of kindness can go a long way for a person. It helps me think from different perspectives. I appreciate that my school has the ability to participate in the Acts of Random Kindness project. I feel when I do random acts of kindness it will help shape me into being a better person in the future.

### **Samantha Renfer**

You may ask: what does the Acts of Random Kindness (ARK) project that we are doing mean to me? It means that it is not just



about putting the money in the bank. It is about the kindness you show to others. If you just put money in the ARK and call it a day, you are not fully getting the idea of the project. The money is to show that you did your random acts of kindness. Or is it to make you strive to do more good deeds for others? The money you are giving is your reward for the kind acts. This project is not all just about the money; it is about the acts you do. Especially during COVID-19 you should show kindness to others because the virus already took a lot from us. You should not let it take away your kindness too. This Random Acts of Kindness project we are doing is to remind us that kindness can do a lot for people. Even the little things count like spending time to talk to your elders, helping your mom, or even walking your dogs or your neighbor's dogs. Even just having a smile on your face or having a good attitude toward others is nice. Yes, it is nice to give money, but if you give the money without doing the random acts of kindness it doesn't make you feel as good as when you are doing the random act of kindness, earning the reward money, putting it in the bank, and then giving the money.

This organization is an eye opener to show us that even one act of random kindness could make someone's day better. Doing a good act can also make your day better too. It will set the happy mood that you need. This project is making me want to be a better me. I like the idea of the animals that we put on the ARK, because it symbolizes every five dollars that we give. Looking at all of the animals you could tell that we gave a lot of money. Helping people always makes people happy no matter how you help them. This project is also to show us that if we work together, we can do anything.

### **Robbie Stanchak**

“No act of kindness, no matter how small, is ever wasted.” This was written by Aesop, and I agree with him. When I put coins and bills in my ARK, I remember this quote and say it to myself. I know that no matter how much I donate, big or small, I will know that it is not being wasted.

The start of the ARK project happened to be right around my birthday. I wanted to spend my birthday money on LEGOs. However, I decided to sacrifice some of my birthday money to put in the ARK. It felt good knowing that money that was supposed to bring me happiness, might bring someone else happiness.

Also, I helped my grandmother, and she gave me money for ice cream. I decided to put that money in the ARK instead. Even though it wasn't much, I remembered that my sacrifice, no matter how big or how small, will be able to help others in need. Whether it is for the homeless, hungry, or poor, I know that my sacrifice will be their doorway to a better life.

Moreover, not only am I helping to improve the lives of others, but I am also improving my own life. Doing acts of random kindness and making these donations makes me feel like a kind and caring person. It makes me feel like I am becoming a better person when I sacrifice money without anyone telling me to do so. Finally, it has made me realize how blessed I am to have enough that I can give to others.

Overall, participating in the ARK project has helped me grow as a person. Working with my school community to help others has been very rewarding. Hopefully through these random acts of kindness, whether big or small, will help make the difference in the lives of others.

# 7<sup>th</sup> Grade

## **Mia Correa**

Throughout my life, I have always tried to be very giving and be very generous. I always try to help people when they need it. Performing consistent positive actions impacts me as a person because it makes me feel grateful for all that I have. I am grateful that I have the money and the ability to help others by giving, for example, to the ARK. I am grateful that I have the opportunity to help by giving to an organization that would benefit from the money.

Performing consistent positive actions also impacts me as a person because it gives me a positive outlook on how the rest of my day is going to be. I feel really fortunate that I have the opportunity to help others by the donations that I give weekly to the ARK. When I give or do positive actions, it makes me feel really happy and positive that I have maybe made someone's day better if they were having a bad day. For example, I have elderly neighbors who sometimes need help doing daily tasks so it makes me cheerful that I could help them. I will always continue to help others as much as I can.

Performing consistent positive actions impacts me as a person also because it makes me want to help others more. I am filled with joy when I see the smiling faces of gratitude when I help others. Performing positive actions makes me feel like a better person. I act kinder because I feel like when I perform a positive action, I feel happier. When I put money in the ark, I remember that my money will be for the good of the world, for example, to the Commission of Economic Opportunities.

In conclusion, performing consistent positive actions impacts me in many different and positive ways.

## **Anna Weiss**

Performing consistent positive actions gives me a sense of accomplishment and pride because I feel proud of myself knowing that my putting money into The Ark is helping those in need such as the homeless or people who are struggling to get a meal and/or housing. Even doing little acts of kindness for people, such as a compliment or holding the door open for someone, can impact someone deeper than you may think. I hear stories all the time about people who were about to commit suicide but one random stranger doing one small act of kindness helped them to change their mind and get help. Hearing these stories makes me want to help others as much as I can because me doing something as small as complimenting someone or making small talk with them can greatly impact their lives.

My grandma passed away in September of 2020, she always tried to be kind to others even if those people didn't show kindness back to her. She was born in 1940 and raised in the 1950s/1960s, so I was always very impressed by how kindly she treated others no matter their skin color, religion, cultural background, etc. because of how bad racism, among other things, was back then in comparison to 2021. She has always been an inspiration of mine to do kind deeds for others, even when she was still alive. I feel happy knowing that me doing these acts of kindness would make her very proud of me.

My final reason is that me doing kind acts for others simply makes me feel proud of myself. Me knowing that I helped another person makes me proud of who I am as a person. I love the feeling that I get after I have done something to help someone in need, a friend, a member of my family, or a complete stranger.

## **Tessa Cegelka**

How does performing consistent positive actions impact me?

That is a very good question. I feel that performing consistently positively helps me as a person by impacting the world. When you walk into school and everyone is gloomy and nobody says hi, how does that make you feel? Not good probably, because people also have an impact on your positivity. When I insert a coin in my ark, I

feel proud of myself. I know deep down that good deed I just did, will benefit someone else in the world. Everyone is trying to get the most money and is just putting money to try and brag to say they have the most money. Well not me, I am just trying to do good deeds and feel good about myself. When I am done donating, I take my ark right home, and I start doing good deeds again. I just know that I have helped a ton of people.

I am very grateful for all the people who say how kind I am. The people here at WAC have taught me how to be nice and not make it all about you. They have taught me how to act as an adult, and to work together in groups. I hope reading this essay will make you want to help others in the world.

### **Sean Richards**

#### **How Does Performing Consistent Positive Actions Impact Me?**

This question comes as a surprise to me. It upsets me that some people need to be asked to help others. I believe it to be in everyone's best interest to help others when they need help.

Ever since the Stone Age, people have been needing others. Being able to help someone in some way, shape, or form almost always makes me feel good. So, when I see someone being bullied or suffering without help, it hurts me.

King Hammurabi said, "An eye for an eye", but Gandhi said, "An eye for an eye makes the whole world blind". In other words, helping someone else has no negative effect on you, but not doing so could. Doesn't that make you think you should be more kind? I am personally filled with joy every time I put some money in that yellow ark, I get a sense of euphoria and pride that fills me for the rest of the morning. It feels so completing every time that happens because I know that I'm actively helping people. The fact that some people don't normally do this is mind-boggling to me.

Why wouldn't everyone want to be and feel like this? Many seem too focused on themselves and the current moment to think about others in the long term. At least, that's my opinion.

Perhaps the Human Condition tends to have many sit at home, ignorant, while others suffer in the streets. We can be too focused

on our own "little" problems when we have the ability to fix bigger ones affecting more people than just ourselves. Maybe we can end global hunger by eliminating the amount of waste that we create by looking to make things easier or wasting our food by leaving things in the fridge until they rot because we wanted something else. We have the power to change our world for the better, but instead we bicker over the gender of a plastic potato.

In 1905, Albert Einstein published the theory of relativity. Einstein, who was a pacifist, watched as his discovery went to the creation of the most terrifying weapons in history. Why is it so hard to help others? It appears to me that the people of the world focus more on trying to control others. I have already asked this question multiple times and I will keep asking it until I get an answer. It makes no sense why, after millions of years, we are still working out the kinks in our societies. Most of the world's problems seem due to greed, power, and pride. There used to be a time when harmony was part of everyday life, but now all of that is a distant past people long for.

That was a very long-winded answer to a very simple question, but the simple answer is this: it makes me feel amazing to give my help to others, but I am disappointed some other people don't seem to feel the same or act on it. I believe that the ark project is a wonderful idea that I hope will begin to pick up steam soon. With all that is wrong in the world, people doing these random acts of kindness are the light shining in the darkness.

## **Reagan Hadley**

### Acts of Random Kindness Provide Many Blessings

Helping other people and being kind are not only beneficial to the people helped, but also the person making the gesture. Being offered the opportunity to participate in the ARK (Acts of Random Kindness) project, has brought more joy to my life than I imagined. In helping others, I have found that the blessings tend to multiply, and they spread to not only the people I help, but to me, too.

Performing consistent positive actions has had a profound effect on me. It makes me feel like I am making a change in the world, even

if it is a small change. Every kind act I do not only sends a message that I care, but it also fills my heart with joy. It simply feels good to do good. After every kind act, either I, or my parents, make a donation to the ARK bank. As we do this, the blessing of that one single kind act continues. When the money is collected and donated to the charity chosen by our school, the Commission for Economic Opportunity, it makes a difference in our community. It means that I have personally made a change in our community and that feeling is very rewarding.

This project of acts of random kindness is positively impacting our school as a whole and each student as an individual. Every day I do something kind and remember that I get to keep on extending the kindness by putting money in the ARK bank. Our whole school is doing good acts individually, and making contributions not individually, but as a whole, we are making a big impact on our community. Even the youngest student is able to perform kind acts every day. Kindness is not limited to older students or adults. This feeling of changing our world makes my heart happy. It makes me want to do more and more kind acts in school, at home, and while in my community. With every student at our school feeling the same way, we will make it a habit to do kind acts and to donate to charities now and in the future. We will always remember that Wyoming Area Catholic School is where we were encouraged to serve others in acts of kindness and donating money.

The ARK project is a blessing in many ways. I feel that I am closer to G-d when I help others and act as G-d did. I consider myself lucky to be able to be a part of the ARK project and that my school has given our students the opportunity to learn the benefits of living a life of kindness and service. As a child, I don't always feel like I am doing my best or that I am able to make change in the world, but this project has given me the internal reward and the motivation to make a difference and to share G-d's love with others. My family is especially proud of me for performing these consistent random acts of kindness and for putting my own money in the ARK bank to further help the community. They are happy that I am using my own personal blessings for the benefit of others, something that I will continue to do as I grow up and go out into

the world on my own. Helping others, it turns out, blesses me just as much as it blesses them.

## **Lilly Russin**

I have donated a lot to my Ark bank, but to tell the truth, I don't constantly act kind afterwards. Even though I am not constantly kind afterwards, my donating to the Ark bank as part of the WACS school community, makes me feel vely good about myself.

I have always felt that giving is better than receiving. You may say that you love to receive, and that's normal - everyone loves to get a gift! In my eyes however, it is equally as important to return the gesture.

I truly do love to help people. As I get older, I try to do more than necessary for people, particularly my mother. My Mom is a single parent and I often help around the house voluntarily. I make sure to take out the trash, clean my room every week, care for my pet birds, and both empty and fill the dishwasher. My mother and I have always been vely close and I love her very much... we are a hue team. My Mother has always been very supportive of me and, in my eyes, is the best mother I can ever wish for!

I have an amazing community that I am so grateful for. Everyone is so kind, and I am very close with most people on my street! Although I was very young, I remember that during the 2011 flood so many people, from many places, came to assist my home, my grandparents' home, and surrounding neighbors to help ease the burden of the damage that was left behind! While our houses were getting renovated, our family stayed at my Aunt's house for at least two weeks. Our whole community came together and selflessly helped people. I think that truly made a huge impact on me, and it was then that I saw being kind really does pay off!

I also have always loved children, and I feel that I have a natural talent of caring for them. I am a mother's helper for one of my neighbors. My mother and I have been very close with this family for more than half my life. The family includes a single mother, and her two children, Noah and Nora. I frequently look over Nora when her mother is on a work call in her home.



Before the COVID-19 pandemic, I was very active in my community. In my parish, St. John the Evangelist in Pittston, I am an altar server, and each year I help set up our church bazaar. I also dance for the Emerald Isle Irish Step Dancers, and perform in parades, nursing homes, senior living centers, and various other dance shows. In my school, under normal circumstances, I participate in cheerleading, currently run cross country, and volleyball.

COVID-19 has really affected us all, and I cannot wait for everything to get back to normal! Although I do not always feel that donating to the Ark has impacted me all day, every day, I do very much appreciate the importance of being kind and charitable, because so much kindness has been extended to both myself, and those I love.

### **Shawn Lepore**

Have you ever wanted to give to someone? Maybe you want to know what it feels like. I will tell you about how it made me feel giving money and things to people. Performing these actions impacts not just me but other people. The impacts should be positive because they are making people feel good about themselves for giving to other people. Inserting money into an ARK isn't just because we have too. We put money into the ARK because we know it's going to a good cause, and we like to give to people. I like giving things to people who don't have as much as other people. Inserting one coin a day can be a life-saving action. Even the smallest amount of money will still help. People who are suffering from diseases can be treated with this money. Any day when you have extra change, try and give it to charity or any organization collecting money for the poor, hungry, and mostly anyone who needs it the most.

People start organizations like these from the good of their heart. They do it to raise money and to buy necessary things for people who don't have anything. They truly are very nice people. I've met a few people who are in organizations like this. They are very nice people. When I give to people it makes me feel happy. During Christmas when my family and I exchange gifts it makes me feel

so good about myself. Even when I go shopping for anyone it makes me feel happy. When I get cards and presents for my mother it makes me feel happy to see her happy. I like to see that other people are happy and not just me.

The people that receive the goods they get must be very happy. They might even start to cry with tears of joy. There are little children out there who are suffering from diseases that deserve the donations you give them. Their parents can pay for all the bills and the medicine the kid needs to get better. With the help of your donations the children can go home and see their family sooner.

### **Aaron Glaser**

When I do positive actions, it makes me feel better about myself, and others also feel better too. Positive actions impact me by being able to talk to other people more consistently, and make other people feel more comfortable around me. The ARK project helps people to do more kind things daily. Some examples of simple acts of kindness are picking up a pen for someone or commenting something nice about them like their hair or telling them you like something they did. By adding a coin for every random act of kindness it made me more social when around people. Before this ARK project even started my Grandmother challenged me to do a random act of kindness every day, and I did. It felt nice to see my grandmother proud of me and happy when I did a random act of kindness. One thing my grandmother loves is when I make sure to hug her every time, I say goodbye, it makes her feel special. She also told me I'll never be too old to hug her. When talking to my friend I tend to act kinder to him, but we still do fool around sometimes. Also, when I tend to act more kind to others, others then tend to act more kind to me. It also helps me to be more active in team sports and in school.

# 8<sup>th</sup> Grade

## **Michael Oncay**

When I do consistent positive actions, I become a better person. We have a special project at our school called the ARK Project. That stands for Acts of Random Kindness. When I put money into the ARK at school that I received from doing acts of kindness, it makes me feel good. When I do this, I know I am making a decision to help my community organizations. know by helping the community that the money is going to organizations like soup kitchens, volunteer fire departments, churches, police departments and more. The organizations will use the money to buy supplies and provide needed resources to our community. There are many people in our community that have many needs. These organizations and my donations will help them. If I do consistent positive actions that will become a way of life for me, and I will continue to do them all the time. It makes me a better person because I'm thinking of other people besides myself. I have pride in myself because I am helping others. If my family and friends see me doing positive actions, they all might start to do some good in their community also. My positive actions will spread more positive actions to others.

## **Christian Renfer**

Filling the ark for the unfortunate makes me feel good about myself. Knowing that I can help others in need especially now during a pandemic is amazing. I never thought that we would be able to earn a lot of money, but we did and continue to do each week! That makes me feel like I accomplished something. That makes me feel that I have done something good for others. I work around my house for my parents, and they give me money. I have been using my own money for the ark, and that makes me happy. This feeling of total satisfaction in yourself knowing that you just helped someone who might have had the worst in life, just by putting coins in a small ark. I hope that whoever is receiving the money will use it wisely. I feel like some people didn't put money in the arks because they probably didn't have the money to, but

that's ok as long as they didn't do it on purpose. If they didn't have the money, they could have at least asked their parents for the money. Hopefully the people getting the money can recover from whatever is wrong and until then I'll pray for them daily and continue donating to this great cause. My class built an actual ark made of cardboard that is about as tall as two school desks stacked on top of each other. It looks really good and I'm proud of it. It took a long time to finally finish it, but we did it and now everyone in the entire school can see it and anyone who looks in from the front entrance of the school can see it as well.

After doing this Ark project, I plan to be generous for the rest of my life. I love the feeling of knowing that I made a difference in people's lives. I know G-d is pleased with all I am doing.

### **Liam O'Malley**

The Ark project makes me feel good about myself. The fact that I made someone's day slightly better puts me in a good mood. I get a warm and fuzzy feeling when I help someone with something. I think it is good to help others because it is a good thing for your mental health. It can also be a good way to start the day by doing a kind deed for someone. It is important not to do these acts for popularity or bragging rights though, because that would defeat the point of doing good deeds in the first place. It can be a special thing to make a habit out of doing something nice because it can help your health. Something else you can do for someone is to just give them a compliment, it is baffling how much a single compliment can mean to and for someone else. In order to maximize the kindness, you could try to encourage others to do the same good deeds as well. This can make an even larger amount of people to do good deeds for others. There are many reasons to do good deeds. They can give others food, jobs, a house, or even just a smile. No good deed is better than another, they all help someone equally. You could even just pick up the can in the park that no one wants to pick up. You can make a large donation to a homeless shelter. Or you could just say hello to a homeless person as you walk by. All of these deeds are equal because they are all being done in the name of G-d. All of these deeds can work miracles for

people in need. All deeds are equal, and they all help people, so if you see someone or something in need, be sure to help!

### **Kendall Morris**

Performing consistent positive actions impacted my life to be more kindhearted like never before. For the past few weeks my family and I have been raising money for the ARK. Every time we go somewhere we will get all the money we had left over and put it in the ARK. Then, every Monday morning I bring it into my school to donate. I have never seen this school be so passionate about an amazing project like this before.

The reason for me doing the ARK is not what it does for me but rather what it does for the community. We do not have to donate money to be kind, but we do it because we are more fortunate than other people may be. There are many other kind acts we can do such as holding the door for someone, helping someone cross the street, or even helping an elder to do tasks they cannot complete. As always people should strive to donate as much as they can.

Inserting a coin into the ARK daily has impacted my thoughts and behaviors throughout the day because putting a coin in the ARK has actually become part of my routine. Every time I earn a coin, I immediately put it in the ARK. This random act of kindness has also impacted my family as well because they too put coins in the ARK. They love to help the community, my school, and myself.

### **Kati Morgan**

Performing consistent positive actions makes me an overall better person because, when putting money in my ark I think of who it might be going to. It is going to someone who can use it to buy things that are needed and will be put to good use. Performing positive actions makes me feel good about what I am doing because I know it is helping someone who truly needs it. Not only is performing these good deeds great for myself, but it may also pass onto someone else and help them to do the same.

During the Covid-19 pandemic a lot of families have struggled and are in need of money. The money we are saving up could be given up to help people like them. Even putting a single coin in my ark

can have a large impact for those in need. It is not only just donating money, I feel I am learning how to contribute in positive ways that help, not only myself, but the community around me. That is why performing positive actions impacts me and helps me to become a better person.

### **Andrew Long**

Performing consistent random acts of kindness makes me feel good and fulfilled inside. I used to always want to help my parents when I was little, whether they were cleaning the house, doing the dishes, helping cook family meals, helping carry groceries, unbagging the groceries, and more things. My parents taught me when I was young that helping has rewards, so they would sometimes buy me a matchbox car or a monster truck if they saw me doing something helpful for them or for others. One example that I remember is that when I was around three, four, possibly five years old my dad and I were leaving I think it was an eye doctor's office and on our way out an elderly couple, one of them was in a wheelchair, was behind us and I held the door, that did not have a handicap able door, but did have a ramp platform to get in and out of the building, for my dad and the elderly couple. Impressed, my dad took me to the store to pick out an item of my choice. I picked out a transformer matchbox car that I cannot find. My parents stopped doing this a while ago and even though I do not get to get a toy I still like to try to help people when I can. Another example that I have when I tried to help my parents was when my brother was born. I was disappointed that my parents did not name my brother Nemo like the three-year-old me wanted, I was still excited that I would have someone new to play with other than my parents. After my brother was born my parents did not have a lot of time for me nor themselves, so I would ask them if there was anything I could do to help them. A lot of the time I would get the chance to help. When I started going to the Kingston Recreation Center for summer camp when I was somewhere around seven, eight, or nine years old I was given a list of chores that I would do to earn money. An example of this is if I cleaned my room, I would get a dollar or two. This worked out perfectly for both my parents and I

because I slouched off of helping out often when I moved to my new house.

Not only would I earn money to spend on the claw machines, bubble gum machines, and the other games that the Kingston Recreation Center still has, but my parents and I would have the satisfaction of having a clean and presentable house. Even today, my brother and I have a list of chores that we have been doing all year long. I like the fact that after chores are done my house looks clean, so if anyone were to visit the house would not be an embarrassment.

Doing something nice for others is a great feeling and we all should try our best to help others when we can. From my experience in life, helping people is a mutually beneficial relationship, for the time. I open the door for someone, [ get the feeling of fulfillment. If we all helped each other the world would be a much better place with no violence, nobody getting hurt, no sad stories in the news. A world with helpful people would be like something out of a story book though, but we can still try to make the world better.

### **Abigail Butler**

When we first heard about the ARK project, we were probably not that interested due to lack of information on the subject, but as it went on, I feel like we gained a large interest in it. We heard about kids sacrificing their precious ice cream money for the sake of ARK, and knew they were understanding the basics of sacrifice and the lessons that this project is meant to teach. The fact that our 8th grade has a big part in it feels like a nice touch too.

Our 8th grade class was able to make a big ark in the entrance hall for students to deposit the money they were going to offer. Many younger students liked how the ark looked, and our class has enjoyed working together and creating it. This will be a memory that we can all say we did and have for helping others who are not as fortunate to have what we have. During these unprecedented times with COVID-19, there isn't a whole lot we can do. Donating can have a possibility of contaminating those who are not able to get a vaccine or are prone to illness, so when we have this safe way

of giving money towards a good cause, it gives you a warm feeling within our hearts. It's wonderful to teach the younger students about the lesson of sacrifice and helping the community, so that maybe in the future they will join a charity foundation to help others in need of supplies and hygienic items to live healthy lives. Sometimes, we take for granted just how lucky we are to live the life we have. There are people in the world who go hungry for days, begging for food on the streets and living with barely enough to support themselves. Some people do not have families to whom they can turn to. We, as a people of the church, can help them with open arms by donating to charities such as this. G-d taught us to be good Samaritans, helping whomever we can no matter who they are or what they believe in. It doesn't matter what state someone's in, we should never leave another human being in need without help.

The feeling we get when we give someone a gift, even a simple box of candy, gives you joy. The feeling of giving is what makes up human. I feel guilty for how many people live in terrible conditions without good food or water, so being able to donate to such a cause gives me a chance to help people who are unable to help themselves. Someday, I hope to be able to help run some sort of charity, or at least sponsor it with my YouTube Channel or Twitch. I hope I can enlighten others on the issues we have in the world. I really want the world to know that when we have little problems, it could never add up to the problems people have daily in the world. We can help in little ways, which is how ARK inspires us. Just a few dollars a day can cause us to help, be it a few coins or a dollar. Anything helps, and there'll never be a day where we cannot help someone. Unfortunately, there will always be pain in the world. But as students and adults, we can somehow help. There is no way a human cannot be helpful; everyone plays a role and is special. With teamwork and motivation, we can achieve anything. In conclusion, the ARK lets us grow as people.