**Assignment Five: Pay it Forward**

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I want to start out my saying how much I like this assignment; I think showing kindness and having empathy for people is one of the most important social constructs in our society today. I think the world could do with some random acts of kindness, so I am so happy to do this assignment which I hope aids in making kindness the norm.

The first random act of kindness I performed was assisting an elderly woman when she was reaching for item in the grocery store above her reach, I grabbed it for her the item she was reaching for which was a bottle of cleaning supplies. She was instantly so thankful like I really assisted her by just showing a little kindness. She spoke to me for a couple minutes about how much she liked that cleaner and that she could hardly ever find it, we ended the conversation and she said thank you again.

The second random act of kindness I choose to do was to tape money to a soda machine at my work I work at a community college in the NRV region in Virginia. I taped 5 one-dollar bills to the front of the machine and wrote on a sticky note please take money for a soda and to please pay it forward when it was possible. I didn’t get to see anyone use the money because my office on the other side of the building, but I did check and noticed that someone had taken two of the one-dollar bills and wrote thank you on the sticky note.

The third act of random kindness I choose was to buy my sons teacher a small gift to let her know how much we appreciate her. I bought a few small things to make her a little adult easter basket with some candy and bunny sticky notes, pens, highlighters, and a candle. My son’s teachers name is Mrs. Edwards, and she has been great this year. My son has neurodivergent, so it is hard for him to focus on work sometimes and he his easily overstimulated he’s also only 6 so that doesn’t help but she has been the best and is always so patient with him and for that I am forever grateful and doing this make me so happy to repay her in a small way for showing so much love to my son conner.

The fourth act of kindness I chose was to go through my closet and donate all the things I no longer want or need to the local clothing bank; I also went through my children’s clothes as well to donated. We ended up with one large garbage bag and two boxes of clothing items to donate. I dropped those off one day this week and they were so thankful to have that donation.

The fifth act of kindness I choose to perform was buy the person behind me lunch. I think this is a really easy way to show kindness to a stranger and even lighter their day. Because you never know what some one is going through and how such as small act of kindness can change someone whole day.

Being able to do these small things for people make we feel so good, because not everyone has the luxury of giving or even the time, so I am truly thankful that I live the life I do. To me kindness should be the cornerstone of our society we are all humans and should treat all human with the same respect regardless of their race, religious, or finical standing. And to me being kind to someone is the best way to do that.

I think this assignment was such a great way to get people to think more about they way the treat people in everyday interactions. It makes me so much better and helps me to have a better outlook on the day and life in general when I can be kind and see that kindness really being appreciated by the people around me. I think people sometimes get so caught up in the hustle and bustle of life that they forget to look for those small acts of kindness or see how small things can really affects someone’s day. So, I think doing something like this once a month is a nice way to reconnect with yourself and how thankful you should be for your life.