

## P.5 Recognition

"Good writing is really meaningful, and it's one of the best tools we have to get and capture people's imagination" - Robin Sloan

### The joy of helping others

Class: 5A Name: Lam Ue Kiu

Humans are born to be social creatures. Helping others could create and maintain their social connections. We, as humans, may suffer from being isolated. However, when we lend our helping hands to members of our community, it isn't only showing kindness to others, but also kindness to ourselves.

The primitive benefit to help others is capturing superior feelings. Endorphins are released in our brains which makes us feel good. Also, for the people you have helped, they also feel good due to your action. This creates a strong sense of belonging and connection between you and your helping targets. Hence, a stronger and more fulfilling relationships will be strengthened. In addition, if we show altruism, kindness and compassion for others, others may begin to make a positive impact like you do. Another benefit of helping others is that you gain experience with handling different types of unexpected problems. It is absolutely a good way to improve problem solving skills.

All in all, 'Helping hands are better than praying lips' Mother Teresa. Being able to help others provides you an opportunity loving towards your fellow-beings. Devoting your time and effort helping the others, you will become a better version of yourself.

### The joy of helping others

Class: 5A Name: Wong Yi Ching

Do you like helping others? Helping others is good for us. We should give a helping hand to people in need.

Last year, I saw a cardboard granny pushing a trolley, with a lot of cardboards in the street. The cardboards were not well-packed, so they kept falling down onto the floor. The cardboard granny was exhausted from picking up the cardboards again and again, so I immediately helped her pack the cardboards carefully and tied the rope tightly. The cardboard granny said happily, 'Thank you so much. You are a good girl.' 'It is my pleasure!' I said.

A few days later, when I was rushing for my piano lesson, I slipped on the ground and unfortunately I got hurt. Someone gave me a hand. When I turned my head and looked at that person, I found that she was the cardboard granny that I helped before! I thanked her sincerely and continued my way. I felt thankful. I really realized 'Each of us owes someone, we all benefit by reaching out and helping others.'

## The joy of helping others

Class: 5B Name: Chinedu Ngozi

Have you ever helped those in need? I think giving a helping hand to others is really the happiest thing I have ever experienced. Don't you agree?

I remember I helped a classmate who accidentally tripped over a rope in PE lesson when I was in third grade. Her name was Zoe. While other classmates were laughing at her, I calmed her down and accompanied her to the medical room. Both Zoe and the PE teacher felt grateful for me and I was glad that she could recover soon. That may seem like not a big deal. However, Zoe always told me that I gave her what she needed most at that moment.

Helping others is always joyful. You will always be pleased to see their happy face once they overcome their hard time with your assistance. You may not ask for anything in return, but that's how magical things happen. Your good deeds will always be remembered and you'll be rewarded someday.

Always remember: You have two hands. One to help yourself, the second to help others. Do good deeds from your heart and enjoy helping others!

## The joy of helping others

Class: 5C Name: Chan Kam Ying

We should give a helping hand to the needy and then we will definitely get a sense of happiness. For example, we can help people with their homework, donate food for the needy, or encourage those miserable people. I believe that you can do it.

Why should we help others? The main reason is that after you help others, others will help you back. One good turn deserves another.

Also, you feel comfortable and satisfied after you've helped someone. If you see other people have difficulties, and you don't help others, you may have a sense of guilt. On the contrary, you find your life is meaningful after giving a helping hand to others.

Finally, I hope you remember the following quotes from Hebrew 13:16 "And do not forget to do good and to share with others, for with such sacrifices God is pleased." John 15:12 "This is my commandment for you, to love each other just as I have loved you." You have two hands, one to help yourself, the second to help others. What are you waiting for? Come to be a volunteer and get a sense of joy in your life!

## The joy of helping others

Class: 5D Name: Lee Wing Ching

Last Wednesday, there was an old lady waiting to walk across the street. She looked very weak. We were waiting for the green light while I was busy chatting with my friend.

A few minutes later, the light turned green. My friend and I rushed to run across the road because the traffic light was flashing so fast. Once I whirled around to face that old lady. She was gently moving along the middle of the street. I was so scared and worried about her, so I immediately went back to help her cross the road.

Luckily, both of us were safe to reach the pavement. It was meaningful and lucky to help that old lady. Whoever brings blessing will be enriched, and one who waters will himself be watered. I will continue to help as many people as I can in the future.

## The joy of helping others

Class: 5E Name: Lau Hoi Long

Yesterday, I helped an old man to repair his computer. After I fixed his computer, he said, "Thank you very much." "You are welcome," I replied. It was the first time I experienced the joy of helping others.

The second time I felt the joy of helping others was in my summer holiday. I taught a young man how to play music. After I taught him for hours and hours, he showed his gratitude and appreciation for my selfless scarifice. He bought me dinner that day. A week later, I was in a hurry and forgot to bring my wallet. Luckily, I met him and he lent me money for the bus ride.

Helping others also teaches me important values, like kindness, empathy, and generosity. When I help others, I feel like I'm living up to these values and being the best version of myself.

There is a proverb that says "a good turn deserves another." I believe it is true and it is the primary principle of building a better harmonious world.