



# Hello World! Is Everything Alright?

Together we can change the world and make it a better place ...



**These are the small actions that the pupils from class 9A from Agrupamento de escolas de Sãtão have accomplished to act upon problems of their community.**



## André Aguiar's small act of kindness

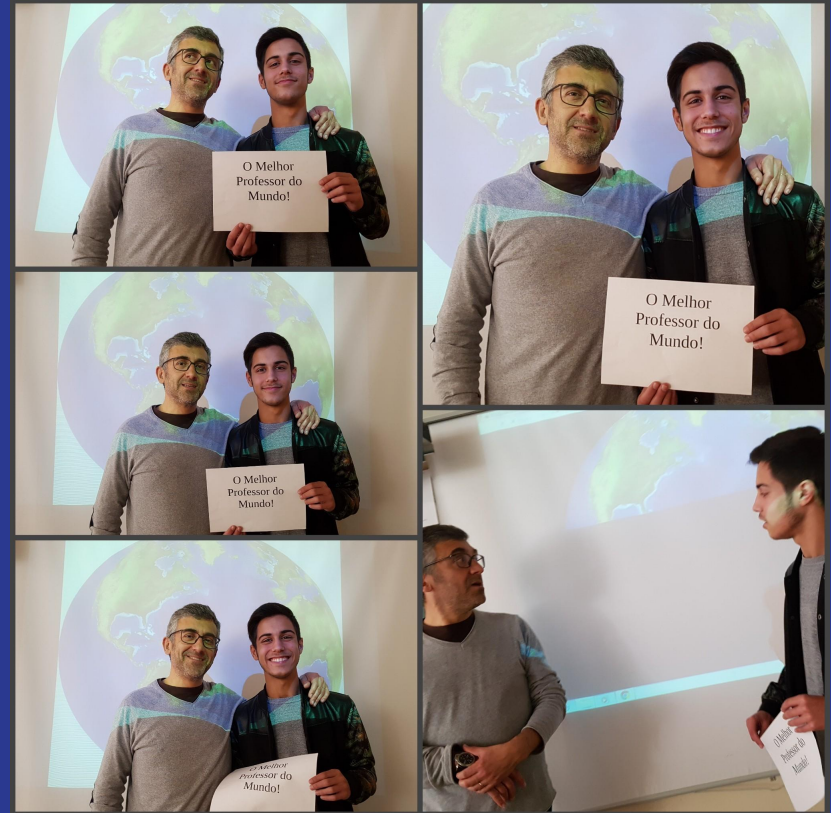
My act of kindness consisted in inspiring my sister and making her read. I did act of kindness on Tuesday 28th February at home. I did it with my sister.

With this small action I made my sister happy because she was very surprised. She loved the book. My sister started reading the book and she thought it was a good book. While I was giving the book to my sister I felt very well and proud of myself because my sister was happy.



## André Carvalho 's small act of kindness

On the twenty-fifth of February at eleven o'clock, I addressed my natural science teacher in the classroom, and gave him a paper with a phrase (the best teacher in the world). My act of kindness consisted in showing appreciation for my favorite teacher. When I gave my teacher the paper he smiled at me and he asked why I chose him as the favorite teacher and I answered that it was because I like him and his lessons. I think the teacher was happy. In the end the teacher thanked that act and I felt happy and better inside for being glad that my teacher liked it.





## Beatriz's small act of kindness

The act of kindness that I performed consisted in donating some ration to the animals that live in a local institution on the 27th February my mother and I went to the supermarket and we bought ration for the animals. Later that day we drove to the institution that is located near Aguiar da Beira. With this small action I helped the institution by giving some extra food. This is important because they have many animals living there and that need to be fed. I felt very proud and happy for helping institution not just because I love all animals but also because with this simple gesture I made both animals and the employees very happy.



## Cíntia's small act of kindness

My act of kindness consisted in putting some flowers at a doorbell and I did it to my neighbor's after lunch on first of March and also to my mom. With this small action I could get a smile from my mom and give her the happiness she needed. Since I left the flowers at my neighbor's doorbell I haven't talked to them but I would like to know how they felt when they saw the flowers. While I was preparing the flowers I felt happy because I love to be around nature and I had the opportunity.



## Diogo's small act of kindness

My act of kindness was to make a statement in another language and share it with someone.

I did make my statement in my home, at night, and I made it to my brother because he help me by taking the photos and I also did it without help, but was easy.

I felt a little bit happy because I learn a sentence in another language which actually made me learn something to share it with someone who speaks that language.





## Gonçalo Dias 's small act of kindness

My act of kindness consisted in writing three positive notes about my family and share them. On Wednesday, after lunch, I gave a note to my cousin, to my mom and to my aunt with a little loving phrase. In one of them I wrote " You are the best cousin of the world". With this small act I could improve the day of three relatives and make them smile. While I was writing the note I was imagining the reaction of my relatives and I felt proud because they were really happy with my act.



## Gonçalo Figueiredo's small act of kindness

My act of kindness took place in multiple places in town to increase the impact on citizens, since my act consisted in distributing pamphlets and posting signs about reducing water consumption.

A lot of people enjoyed the idea, like for example, a shop owner who accepted a pamphlet and posted it on a window display. We also talked to people face-to-face about the topic and they were very receptive about it.

Being part of this project made me feel good, not only because water is a limited natural resource that is being wasted day after day, but also because I discovered that there are a lot more people sharing the same ideas.





## João's small act of kindness

My act of kindness consisted in leaving a snack for a friend or a family member.

On Sunday afternoon, I called my brother to be my photographer and made a big and delicious snack for my aunt. I knocked at the door, and luckily she was in home. While I was doing the action I felt very amused with my aunt's reaction.

It was a great experience.



## Marco's small act of kindness

My act of kindness consisted in making a healthy, organic meal. I decided to make a salad. First, I went to my grandmother's garden and collected the ingredients, which were a lettuce and cress. Then I grabbed a lemon from our lemon tree and an onion from our storage. Next I washed the vegetables and finally I prepared the dish with all the ingredients. This act made me feel healthier and refreshed, as it helps both our body and the nature.



## Pedro's small act of kindness

My act kindness consisted in closing my eyes and practising absolute silence for fifteen minutes. I did my act of kindness on Friday 24th February, at home. I did it alone.

With this small action I thought about my life and enjoyed the silence. I was also very sleepy, but I didn't fall asleep. While I was closing my eyes I felt very calm, relaxed and in peace with myself because my bedroom was very silent.





## Rúben's small act of kindness

My act of kindness consisted in giving a present to someone, so I gave a teddy bear to my neighbor's son, Tomás. He really liked it because he hugged him and kissed it. He played with the teddy bear and started laughing, and that was really funny and cute!

As he still does not know how to speak, he hugged me as a way to thank me. This was my biggest act of kindness and that was really funny because I could make a child smile!



## Rui's small act of kindness

**Hello World!**

**My intention consisted in planting some trees. I planted them in a space that will be my garden in the future. All the trees were fruit trees; soon in the future, nature will compensate me with fruit. Fruits such as oranges, cherries, figs and even lemons.**

**I am happy for this action, because not only did I plant very useful trees, , but I will also have a beautiful garden, with shadows and decorations, for the summer. I really enjoyed planting them and hope to have more opportunities like this.**





## Simone's small act of kindness

My act of kindness consisted in leaving flowers on the doorstep of my grandmother . I did my act of kindness on Wednesday first of March , at my grandmother's home . I did it with my grandmother'. With this small action I made my grandmother very happy , she smiled and was very thankful. While I was giving the flowers to my grandmother I felt joy and the desire to hug her because I saw happiness in her face.



## Sónia's small act of kindness

**My act of kindness was to deliver a book to the closest library and I chose the library of my school. Since I have so many books that I can read I decided to give the one I have read many times and now more people can have the opportunity to read it. After this action I felt good with myself because I gave the book I like the most.**

