



The Abbey

KINDNESS

What is the kindest season?

Emily, Upper IV (Year 9)





# What is the kindest season?

The definition of the word 'Kindness', according to Oxford Languages' Google dictionary, is 'The quality of being friendly, generous, and considerate'. Anything that is kind must contain this essential kindness which leads to my first question: what does kindness look like?

I think that kindness is invisible. Obviously the actions of people doing acts of kindness can be seen but the actual quality may not be seen by the eye. This means that kindness is hard to find because however hard you look you're never going to see it, but somehow people are still able to have it and gain it with ease. Maybe kindness is given to people? When a kind deed is accomplished, kindness is created and given to them. It is then transferred from person to person and quickly spreads. Kindness is everywhere, even in places we would expect it least.

There are four seasons in a year and each one of them brings benefits and hardships for nature and for people. In weather, produce or the colour around us, all seasons bring something to the table. Each season is special in its own unique way but which is the kindest?

Winter brings the cold and bitter weather, wrapping up warm and celebrating with family and friends. However, the cold weather of winter brings stress and worry of having to pay bills for the electricity and gas to keep warm. For lots of people at the moment this is one of life's issues and each day I see news of people who are not able to feed their families or can't afford to put on the heating to stay warm. Celebrating is at the heart of winter but for some people it is impossible for them to get the supplies they need for their family, never mind welcoming other people as well.

Something else that winter brings is shorter daylight hours, which can cause people to struggle as they have to go about parts of their daily lives in darkness. This could also be looked at as a time to appreciate the light that has been given to us. Without light what would we do? With the shorter days we get something else: the opportunity to see the beautiful winter sunrise and sunset without having to stay awake at ridiculously early or late hours. Winter can bring a magical frosty wonder with crisp days and the chance to admire the beauty of a snowflake and the pattern of a frost. The joy of snow, building snowmen and snowball fights. I think that winter has been extremely generous to give us such a wonderful sight.

After the harsh weather of winter comes spring; the season of new beginnings and starts for animals and plants. Calves, lambs and chicks are all born and all the sprouts turn into beautiful flowers and burst into leaf. Spring is wonderful because it gives us the chance to explore the great outdoors after long months of being locked away indoors. The animals rouse from their long winter sleep as they emerge from hibernation. Flowers are scattered across fields and woodlands and the sunny weather returns with gusto. All the bees and butterflies can be seen across the countryside as they grow our food and make our honey. The chance of new life is a beautiful thing and for all animals it is the way to keep their species living. The perfect conditions that spring provides are what

is needed to raise young safely and isn't that the kindest thing: to raise the young and start a life?

With spring sun comes spring rain that may be unwelcome for some but beneficial for the environment. We need rain to survive. Around 97% of the water on Earth is salt water, which means that we can't drink it and only the remaining 3% is the water that we are able to drink - rain water. If all rain stopped then there wouldn't be enough water for the whole world and the human race would die out so it is a crucial part of life. Spring allows lots of rain and keeps us alive because without it, you and everyone else on this planet wouldn't be here and neither would the plants that keep us alive.

As soon as you say the word summer it brings thoughts of nice weather, beaches, holidays and ice-cream. The kindness of summer is infectious! It's a time to have fun with friends and family and relax. The sunshine is kind as it encourages food to be grown and in some cases allows energy to be created. Solar power is a renewable energy source that takes sunlight and turns it into electricity. Given sunlight is free this is a cost-effective way to produce electricity and a wonderful use of natural resources. The sun can mean more than just a nice summer's day - it can create renewable energy.

How kind is summer, though? The season may be full of smiles and sunshine, but the climate is suffering more and more each year. Droughts come routinely, with water





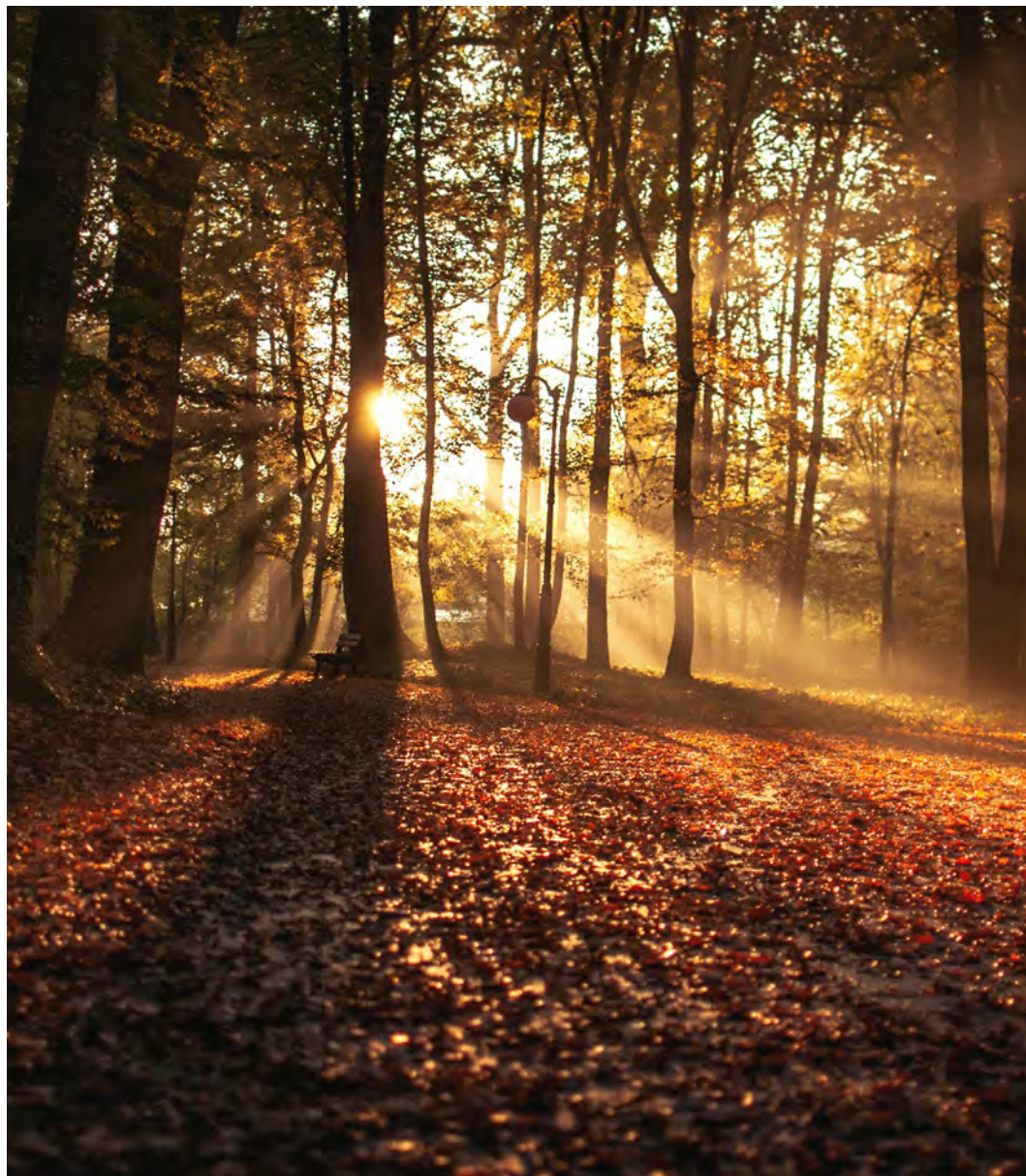
supplies reaching the lowest levels in years. The temperatures are slowly rising on our planet meaning more plants are dying each year and ice caps are melting. This is causing crop shortages meaning there is less food produced as we go into the cold, harsh winter. All this impact on the planet is surely not kindness but cruelty.

Falling orange and golden leaves, mild winds, this must be autumn - a respite in the middle of summer heat and winter frost. Autumn is full of kindness whether it be the smells of freshly baked goods or the crisp leaves on the ground. This is the season of colour. Every year the trees turn amber and gold and pumpkins are harvested and made into pies, cakes and puddings. Harvest is another marvellous part of autumn. It is the culmination of all the hard work that has been put into growing the food throughout the year. People give their thanks to the harvest and celebrate the bountiful crops produced.

Nevertheless, autumn has its downsides. While we enjoy the treats that have been produced, nature is stripped, leaves fall from bare branches, crops are harvested, clearing fields so they are left empty. Gloomy, dark grey clouds glare down on us and it becomes very sombre. How can we enjoy such a dark and dismal season?

However, after looking at each season I have to conclude that the kindest one is autumn. Autumn, however gloomy and downcast, bursts with colour and flavour. When thinking about autumn you can't help but ponder on the pumpkins, spices and other delicious seasonal produce that is collected. It is the peak of the farming season, when you can appreciate all the hard work that spring and summer has put into growing all the crops that will see us through the coldness of winter. Autumn's kindness allows us to be able to respect the wonderful world around us, when the leaves turn a symphony of orange, yellow and gold. Autumn is a very generous season and as John Keates starts his ode to autumn it is the 'Season of mists and mellow fruitfulness, / Close bosom-friend of the maturing sun'.

Emily, Upper IV (Year 9)





The Abbey



[www.theabbey.co.uk](http://www.theabbey.co.uk)

