

1st Biliteracy & Trilingualism Composition and Speech Competition

(Primary School)

學生姓名： 劉思賢 (6A)

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In our daily life, there are many opportunities for us to help others. However, sometimes we may encounter some difficulties and have to seek other's help. I have experienced these situations in different ways, but with similarly positive feelings.

Helping others makes me feel delighted and satisfied, especially when I help people who are really in need. I like to contribute to my community and participate in a lot of charity events, such as visiting lonely elders and selling charity flags. Volunteering my time, money, or energy to help others doesn't just make others feel better, it also makes me feel better. From my point of view, helping others is not about how much I donate to poor people with food or money, not about how many difficult Maths questions I teach my classmates to solve. It is not about giving tangible things only. It is actually about being caring and sharing my love. From the big smiles they return me, I can truly feel the happiness and satisfaction from the bottom of my heart.

On the other hand, being helped makes me feel grateful and loved. The help I get is not the icing on the cake, but fuel in the snowy weather. From a very early age, my parents always told me, 'It is more blessed to give than to receive', so I hesitated in asking for help from others. But I gradually realised that there is no shame in asking for a favour or being helped because you cannot complete everything by yourself.

The feeling is much more complicated when helping others and being helped happen at the same time. When I did flag selling, I could really feel that giving and receiving are closely connected. I was helping poor people through collecting donations. Meanwhile, I was also getting help from people who bought flags from me. The flag selling brings me a mixture of satisfaction and appreciation.

Helping and being helped cannot be separated. I believe that people who help others will get help from others in return!