



MILE MONDAYS

In my gym class, we had to run the mile every Monday. We called them “Mile Mondays.” Everyone dreaded them because they were exhausting. Each Monday, one classmate was always picked on because he was a little overweight and always finished the mile a few minutes after everyone else. I felt bad for him and wanted to help him out, but I wasn’t sure how.

One day I had an idea. After I

finished running the mile, I went back and ran with him until he was done. I was a little nervous because I wasn’t sure what everyone would think, but I decided that what other people think shouldn’t matter that much. I was surprised when more people joined me the next week. Every week, more people joined until eventually everyone in the class joined in! As we ran, we encouraged him by saying things like, “You can do it!” and “Only one more lap!” He began to smile while running, and people didn’t pick on him anymore. Each week he finished the mile

in less time, and we cheered him on every time he beat his personal best.

I’m glad we could boost his spirit and help him do his best. It really brought our class closer together, and we were all a little nicer to one another. This experience helped me remember that we are all God’s children and of great worth, and everyone needs to be treated that way. I’m glad I decided to run a little extra, and I know that Heavenly Father gave us all added strength to help His children feel loved.

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