

## "One Person CAN Make a Difference"

A man came across a lady throwing starfish back into the ocean, after a huge storm had tossed them on shore. As the man surveyed the *hopeless* situation of *hundreds* of starfish lying on the beach, he remarked, "Why are you doing that? It can't *possibly* make a difference."

The lady thought about that statement for a moment, then smiled, and looked at the solitary starfish in her hand, and proudly said, "To *this one* it will."

She tossed the lone starfish back into the sea, and continued in her efforts to save the rest—*one by one*.

That is how it is with the people we come in contact with every single day. Someone is hurting, someone is crying, someone is devastated and thinking of ending it all. Will we have eyes to see them? Or will we walk on by, not wanting to get involved?

Never underestimate the power of *one* kind word, one compassionate gesture, one smile or hug.

*This story is included in my 2-week Stress Unit at:*

<http://www.teacherspayteachers.com/Product/Stress-Unit-25-Weeks-of-Surveys-Worksheets-Projects-Final-Test>