

## Unity Taking Action

Dr. Martin Luther King said, "The time is always right to do what is right." We can always make daily steps in our lives that are right and enduring. The right steps can be simple but have a big impact. I am writing this essay to inform you of the ways you can make unity a lifestyle and take action. We can all make unity a priority by making new friendships, participating in activities and cultures of others, and developing appreciation of many people and cultures.

Making new friendships with others is key to making unity a lifestyle. Sit with people you haven't met or don't know well at lunch and other meals. Take opportunities to join different teams or sports in school or your community. Always be kind and open. Look for opportunities everyday to interact with others – like in the hallway, at a restaurant or on your walk home. You name it!

Participate in activities and cultures of others. At school, search for clubs that can broaden your experience. For example, I'm a dancer but I can join the math team. You can visit a different church, or even take part in festivals such as Roots and Heritage, Chinese Heritage, etc. Your opportunities are endless.

Develop an appreciation of many people and cultures. You can read poems and books, like the writings of Frank X Walker (African American). You can watch documentaries and even view art. Make an effort to view pieces that inspire you to develop appreciation of others.

These actions could build a lifestyle of unity for all. Building unity doesn't require giant steps or a lot of talk, but it requires small steps in the right direction. Imagine if everyone did these things. People would have open hearts to all people in life. We can do this by making new friendships, participating in activities and cultures of others, and developing an appreciation of all people.