

Answer The Questions

1. What is a random act of kindness?
2. What is the top random act of kindness according to global survey?
3. What does Dr Campbell-Meiklejohn call a warm glow?



Listen and fill in the gaps.

1. women have been dismissed as something _____ and a nice idea but not really practical.
2. In 2021, a global survey _____ for the BBC's 'Kindness Test' asked people
3. ... what can seem _____ because giving can cost something of ourselves ...
4. And we call this feeling a _____.
5. And yet we have this idea that _____ somehow doesn't belong, ...
6. It's something that _____ are starting to prove scientifically

Discussion!

1. Discuss all the acts of random kindness that were mentioned in the podcast. What do you think about them?
2. Make a list of your own top-5 acts of random kindness. Compare with your partner/partners.