

WHO BENEFITS FROM ACTS OF KINDNESS?

Read and answer the questions.

Before the experiment all the participants were asked questions to see how happy they were. When the experiment was over, they were asked the same questions again. Their answers showed that the participants in the first group were happier after the experiment. But what surprised the researchers was that even the participants in the second group, who only watched acts of kindness, were happier than before. The third group, which did nothing differently, was the only group that did not feel happier after the experiment.

Answer the questions

5. Why did the researchers ask the participants questions before and after the experiment?

- a) To see if the participants felt happier after the experiment.
- b) To choose people for the groups.
- c) To teach them about kindness.
- d) To see how many friends they have.

6. Why were the results of the research unexpected?

- i) They were different from those in other studies.
- ii) The answers of groups one and two showed similar results.
- iii) The third group was the happiest group.
- iv) The three groups wanted to do more acts of kindness.