11.4 OUTSIDE THE COMFORT ZONE

1 READING

A READ FOR DETAIL **Read the article. Then answer the questions.**

The Helper Experiment

by Thomas Holley

I recently heard that helping others is a good way to achieve happiness. I wondered if this could be true, so I decided to try it. I came up with an experiment: for one month, I would do at least one nice thing for another person every day. This could be anything from holding a door open to taking care of a sick friend.

On the first day, I saw my elderly neighbor carrying a heavy trash bag to the trash can outside. She was really struggling. I went up to her and asked if I could help her. She gratefully gave me the bag, and we started walking back toward our apartment building. When we got to the front door, she thanked me and invited me into her apartment for a cup of tea. We chatted over our tea for a while, and then I went home. I have to say, I felt great! I felt like I did something important that day and made my neighbor's life a little easier.

Over the next few days, I found myself doing more than one nice thing per day. On my day off the first week, I spent almost the whole day looking for people to help. I wanted to figure out exactly why helping people was making me happy, so I did some research. I found out that there are a number of ways that helping people affects us. For example, helping people can increase our self-esteem and confidence. Doing something nice for another person can also give us a sense of purpose. In addition, when we volunteer on a regular basis, we feel a sense of belonging to a group.

During that month, I think I probably did at least a hundred nice things for others. Since then, I've kept up doing at least one helpful thing per day. If I didn't have to work, I would help people all day long! I've even started volunteering at the hospital. I think everyone should try this experiment. It can make us all happier.

1 What point of view does the writer use? first person

2 Why did the writer decide to try the "helper experiment"? _____

3 Who did the writer help first? _____

4 How did the writer feel after the first day of the experiment? _____

5 What are three reasons that helping people makes us happy? _____

2 LISTENING

A 11.01 **Listen to the podcast. Complete the sentences.**

1 The speakers are both _____.

2 Helping others can have _____ on our brains.

3 It can produce chemicals that _____.

4 These chemicals make us want to _____.

5 Helping people can reduce _____.

LIVEWORKSHEETS

3 WRITING

A **Write a personal story about a time when you helped someone, or write a story about a time when someone helped you. Explain what happened and how it made you feel.**



CHECK AND REVIEW

Read the statements. Can you do these things?

UNIT 11	Mark the boxes. ☑ I can do it. ? I am not sure. **I can …**	If you are not sure, go back to these pages in the Student's Book.
VOCABULARY	☐ **talk about succeeding.**	page 108
	☐ **talk about opportunities and risks.**	page 110
GRAMMAR	☐ **use phrasal verbs.**	page 109
	☐ **use future unreal conditionals.**	page 111
FUNCTIONAL LANGUAGE	☐ **ask for agreement and agree.**	page 112
	☐ **soften an opinion.**	page 113
SKILLS	☐ **write a personal story.**	page 115
	☐ **use *On the one hand* and *On the other hand* to compare opposite ways of thinking.**	page 115

LIVEWORKSHEETS