

Read the article below and then answer questions 1-7.

### WHO BENEFITS FROM ACTS OF KINDNESS?

I Many people believe that helping others is good for our health. Research shows that this is true. For example, some studies have found that people who spend money on others have fewer heart problems. Other research shows that people who do volunteer work feel happier. But can we also benefit from watching others do an act of kindness? Research that was published recently studied this question.



An act of kindness

From: ChurchillCommunityCollege.org

II The researchers chose 690 adults from several countries for their experiment. They were divided into three groups. The first group was asked to do something kind for others, like bringing food to a sick neighbor or helping someone cross the street. The second group did not do any kind acts at all. They were only asked to watch acts of kindness that others did. These two groups were compared to a third group who were asked to behave as they usually did.

Windows did not  
עבור אל הגדרות כדי להפעיל א

ענה באנגלית על השאלות 1-7, על פי הקטע.  
בשאלות 1, 4, 6 ו-7, הקף את המספר  
של התשובה הנכונה.  
בשאר השאלות ענה לפי ההוראות.  
(70 נקודות)

Answer questions 1-7 in English according to the article. In questions 1, 4, 6 and 7, circle the number of the correct answer. In the other questions, follow the instructions.

1. What do we learn in paragraph I?

- Where people can volunteer.
- What can make people's lives happier.
- How much money people spend on others.
- How often people do acts of kindness.

(8 points)

2. How were the first two groups different from each other? (paragraph II)

First group: was asked .....

Second group: did not do .....

(2×9=18 points)

3. What is "bringing food to a sick neighbor" an example of? (paragraph II)

ANSWER: something.....

(9 points)

4. The participants in the third group were asked (-). (paragraph II)

- i) to watch other people act kindly
- ii) to do things as they usually did
- iii) to help somebody cross the street
- iv) to watch the two other groups

(9 points)