BEING KIND



1 Warm up

In pairs, look at the images and answer the following questions.

1. What have you done recently that was kind?
2. How important do you think it is to be kind?
3. What does someone who is 'kind' do?
4. What happened the last time someone was kind to you?









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2 Focus on vocabulary

Part A: Match the vocabulary to the definitions.

1.	tolerance (n)	a.	the population of the world
2.	warm-hearted (adj.)	b.	having a caring and giving attitude toward other people
3.	considerate (adj.)	c.	caring and nice in their manner
4.	distressed (adj.)	d.	thinking about the needs of others
5.	humanity (n)	e.	of a friendly and kind nature
6.	mercy (n)	f.	the choice of kindness when you have power over someone and can do them harm
7.	charitable (adj.)	g.	deeply worried and anxious
8.	kindly (adj.)	h.	the ability to accept ideas, opinions, or behaviors that are different from yours

Part B: Now complete the following sentences with a different part of speech from the vocabulary from Part A in parentheses. You may need to use a dictionary.

1. She's always convinced that she's in the right and is incredibly _____ of ideas other than her own. She's terrible to work with. (tolerance)
2. Our house was always full of friends and family, largely because of the _____ of my mother, who welcomed and fed anyone who showed up. (warm-hearted)
3. I don't understand what goes on in the heads of people who drop litter. They're so _____ and arrogant. (considerate)
4. We watched a horror movie last night. I hated it. I thought the violence was nasty, and I found it pretty _____. (distressed)
5. My sister left yesterday with other doctors on a _____ mission to where the worst of the tornado hit. (humanity)
6. He was quite upset following his professor's _____ criticism of his dissertation. He's going to have to rethink it entirely. (mercy)
7. My brother's attitude towards refugees is fairly _____. He's always talking about how they should stay in their own country or go somewhere else. (charitable)
8. I found out that my daughter was making some really _____ remarks about someone at school on Instagram. She can forget about going out for a while. (kindly)

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Now in pairs, discuss the following questions.

1. Who do you know who you'd describe as **warm-hearted**? What do they do that makes you think that?
2. Would you describe yourself as **charitable**? Why/Why not?
3. Do you see a positive or negative future for **humanity**? Why?
4. What do you have a very low level of **tolerance** for?
5. In which situations have you been **distressed**? Why?
6. Who is the most **considerate** person in your family? Why do you think this?

3 Listening

You are going to listen to three people talking about kindness.

Who ...	Speaker 1	Speaker 2	Speaker 3
(a) lost their money?			
(b) helped an elderly person?			
(c) believes you need to help strangers to be truly kind?			
(d) received help from someone at night?			
(e) performed a physical task for someone?			
(f) knew the person who they helped?			
(g) lives with their mom and dad?			

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4 Reading for gist

In the next sections of this worksheet, you are going to read an article called *Random acts - What we know about kindness* (page 5).

First, look at the following titles and match them to paragraphs A - D. There are two titles that are not needed - mark them as *Not used*.

1. The joy of kindness _____
2. Kindness around the world _____
3. The kindness of strangers _____
4. A kind hero _____
5. The trouble with kindness _____
6. The benefits of kindness _____

Random acts ...

What we know about kindness

A. On April 6th, 2020, Captain Tom Moore began walking in his yard to raise money for British hospitals. The world was at the beginning of the Covid-19 pandemic, and hospitals were having an extremely difficult time. His aim was to do ten lengths of his yard per day, which may not sound like much, but Captain Tom was 99 and needed a walking frame to get around. He aimed to complete his goal before his 100th birthday on April 30th and raise £1000. He gained international attention and was hailed as a hero. He ended up raising over £32 million. His efforts symbolized the kindness towards others that were needed at such a difficult and frightening time for the world.

B. But kindness isn't just good for the people on the receiving end. Studies show that it is good for the person bestowing their kindness on others. Volunteering, for example, can lead to the chance of an early death being 24% lower than if you don't give up your time to help others. It reduces the type of swelling which causes heart disease, arthritis, cancer, and diabetes. Perhaps unsurprisingly, volunteers spend roughly 38% fewer nights in the hospital, according to studies conducted in Spain, Jamaica, Uganda, and Egypt. Kindness can also reduce pain. People who were giving blood were shown to feel less pain than those who were having their blood

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extracted for a test, even though a larger needle was being used for the former.

C. Despite this, acting kindly can be difficult for many, particularly with people we don't know. A lot of people worry that acts of kindness will be misunderstood or perceived as weakness. Take, for example, offering someone a seat on a bus. Some people will infer that you are seeing them as more fragile and may respond in a hostile way. The embarrassment of offering a seat to a pregnant woman only to be informed she isn't pregnant has happened to more than a few good-hearted people. Yet we all welcome acts of kindness. A BBC survey reported that 16% of participants had received an act of kindness from others within the last hour, and 43% within the last 24 hours. Words such as 'grateful', 'happy, 'loved', and 'pleased' were used to describe the experience.

D. Neuroscientists have found that doing things for others lights up the same parts of our brain which respond to reward. It may explain why, during times of crisis, people can be more motivated to help others. In the UK, during the first six months of 2020, the British donated £800 million more to charity than they had during the same period the previous year. In Germany, the percentage of people who said that they cared about the well-being of others increased by 22% between February and June. Those whose job it is to help others, medical professionals around the world, became the focus of much public gratitude. In France, a florist left bouquets of flowers on the cars of 400 workers at the local hospital. It was a difficult time, but the sense of shared crisis led many to find joy in helping others. So, if you're in need of a boost to your mood, perhaps you should go and do a random act of kindness for someone. You'll both feel better for it.

Source: The BBC



6 Talking point

In pairs, discuss the following questions.

1. Do you know of anyone in your country who raised a large amount of money for a cause? What happened?
2. Have you ever raised money for charity or a cause? What did you do?
3. Are you, or anyone you know, involved in volunteering? What do you/they do? Who is it to help, and why?
4. What are the most popular charities in your country? Why are they the most popular?
5. Do you think people feel that being kind can be seen as a weakness? Why/Why not?
6. Do you think young people should have to volunteer to help a charity or cause when they are younger? Why/Why not?

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HOMEWORK

5 Reading comprehension

Now, read the article again and complete the following sentences with one, two, or three words.

1. Captain Tom's efforts to raise money for hospitals _____, resulting in more than $32 million being raised.
2. Studies have found that _____ can lower the chances of serious medical issues such as arthritis, cancer, and diabetes.
3. It's been noted that giving blood hurts patients less than when it is taken for a test, with the conclusion that doing things for others can _____.
4. Concern that kindness will be confused with _____ causes some people to hesitate to help others.
5. Others don't want to cause _____ to themselves or others by offering help when it isn't required.
6. The way we respond to reward corresponds with the same sensations caused by _____ to people.
7. The pandemic created an increased concern for the _____ of others in Germany.
8. It has been noted that a _____, such as a pandemic or a war, can increase the frequency with which people commit acts of kindness.

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