8.4 READING

Multiple choice

I can distinguish supporting details from the main points in a text.

1 SPEAKING **Look at some acts of kindness. Discuss whether you have done them, might do them or would never do them. Give reasons for your answers.**

- Pay for someone's cup of coffee.
- Give someone an umbrella on a rainy day.
- Buy a homeless person a hot drink or lunch.
- Stop and talk to a homeless person.
- Offer to help someone carry their bags.
- Give someone your seat on the train or bus.
- Give someone a compliment.

2 SPEAKING **Text 1 is entitled 'Paying it forward'. Discuss the questions. Then read Text 1 and check your ideas.**

1 What does 'paying it forward' actually mean?
2 What are some of the benefits of 'paying it forward'?
3 What is the main difficulty of 'paying it forward'?

3 **Read Text 2. How did the restaurant owner 'pay it forward'?**

EXAM FOCUS Multiple choice

4 **Read Text 1 and Text 2 again and choose the correct answer, A, B, C or D.**

Text 1

1 A woman who lost her phone on the train
A accepted money the boy offered her.
B asked the boy to do an act of kindness.
C wanted to send the boy some money.
D gave back the phone to the twelve-year-old boy.

2 Michael Norton believes that
A people spend more on others than themselves.
B a large proportion of people are happy.
C long-term happiness depends on your income.
D kindness is a natural human characteristic.

3 The journalist was surprised
A when people refused her offer of a free coffee.
B that people were delighted with her offer.
C that someone finally accepted the free coffee.
D by the generosity of strangers.

Text 2

4 The restaurant owner invited the homeless person into the restaurant because
A she wanted to give the person some leftover sandwiches.
B she wanted to give the person some human dignity.
C she was upset that the person had knocked over her bins.
D she wanted to ask the person some questions.

Texts 1 and 2

5 The texts include examples of acts of kindness committed by people who
A expect something in return.
B wish to remain anonymous.
C want to help homeless people.
D want to make other people feel better.

Text 1

PAYING IT FORWARD

3.34

This week's lead article comes from journalist Amy Randall who tells us why she would like to live in a kinder society and explains the benefits of 'paying it forward'.

In today's cynical world, it's often difficult to give and accept kindness. The smallest acts of kindness are often **met with suspicion**, and yet there is plenty of evidence to suggest that being kind can make you healthier and happier.

So what sort of acts of kindness am I talking about? They can be big gestures, or just small everyday things that will make people smile. At one end of the scale, an anonymous person might pay for someone's expensive operation without expecting a thank-you. At the other, there are the small gestures which might seem trivial, but are often extremely welcome.

One example of this is the story of a twelve-year-old boy who found a stranger's phone on a train. When he contacted the owner, she was so impressed by his honesty, that she **offered a small reward**. He didn't accept the money, but he wrote a note and sent it with the returned phone. In the note he said that he didn't want the money, he just wanted the woman to do something nice for someone else.

This kind of gesture is known as 'paying it forward'. The idea is that if you **do a good deed** for someone but **ask for nothing in return**, they will then do a good deed for someone else, and kindness will multiply and create a huge wave of good feeling across the globe.

There are many benefits to being kind. Giving to others can make you feel more connected to other people

Text 2

No questions asked



LIVEWORKSHEETS



and increase your **sense of purpose** in life. You feel you've **made a difference** and there's a reason to get out of bed in the morning. **Taking time to help others** may even protect you from disease. A thirty-year study has shown that women who volunteered for a charity were sixteen percent less likely to suffer a major illness during that period – perhaps because it lowers stress levels.

I believe that people are naturally kind. This was also the conclusion of a study by Michael Norton at Harvard Business School: he did research in more than 130 countries and found that people who spend a bigger proportion of their income on others were more fulfilled than those who spend it on themselves. He thinks the desire to give and share could be a basic human trait.

That's the theory anyway. But when I've tried out acts of kindness on strangers, they often seem unsure how to react to me. In my local coffee shop, I tried to give away a cup of coffee. I thought people would be delighted, but instead I was met with suspicious stares. Then I realised why this was happening: we don't expect kindness from strangers – on the contrary, we expect them to trick us or **take advantage of us**.

But don't let that put you off. I did find someone to take my coffee and when I saw how pleased she was, it **made my day**. We need to fight against the 'me-first' society we live in and start a kindness movement. It sounds cheesy, but I think we need it.

A woman who runs a sandwich bar selling peanut butter and jam sandwiches noticed that somebody had removed some food from her rubbish bins. When she realised that a homeless person was taking leftover food from her bins, she was upset. She was sad to think that someone was so poor that they had to eat other people's leftovers. She typed a note and pinned it to her restaurant window.

The note was addressed to the person going through the rubbish for their next meal. She told this person that they were a human being and worth more than a meal from a dustbin. She offered them a free peanut butter and jam sandwich, fresh vegetables and a cup of water and promised not to ask any questions.

The restaurant owner said she understands that everyone needs help at one time or another, and in this case, she was happy to **offer the homeless person a helping hand**.

5 SPEAKING **Discuss how much you agree or disagree with the three highlighted statements in Text 1. Change the statements so that they represent your own views.**

6 3.35 **Complete the verb phrases with an appropriate noun in blue in the texts. Then listen, check and repeat.**

1 ask (for) nothing in *return*_____
2 be met with _____
3 offer a _____
4 do a good _____
5 give sb a sense of _____
6 make a _____
7 take _____ to do sth _____
8 take _____ of sb _____
9 make sb's _____
10 offer (sb) a helping _____

7 **Translate the phrases in Exercise 6. Which ones are positive and which are negative?**

8 SPEAKING **Complete the questions with the correct verb in Exercise 6. Then ask and answer.**

1 What could you buy that would _____ a real difference to your life?
2 How often do you _____ your mum a helping hand?
3 What good deed could you _____ on the way home today?
4 In what circumstances might you _____ somebody a reward?
5 Is it always wrong to _____ advantage of people?
6 Can you think of one thing that would _____ your day today?

WORD STORE 8E Synonyms

9 3.36 **Complete WORD STORE 8E with the underlined adjectives in Text 1. Then listen, check and repeat.**

10 **Complete the common collocations with the adjectives in WORD STORE 8E to describe these comments.**

1 'Thank you so much for helping me with my shopping.' = A _____ gesture.
2 'Nobody does anything unless they want something in return.' = A _____ remark.
3 'Why are these people looking at me like this?' = _____ stares.
4 'I hope you're coming to my graduation ceremony.' = A _____ event.
5 'Hey, this is my seat!' = A _____ matter.
6 'I'd rather not give my name.' = An _____ donation.

11 SPEAKING **Talk about the last time you helped somebody or somebody helped you.**

Last weekend, my friend helped me to tidy my room. It made my day!

LIVEWORKSHEETS