

The Power of Kindness



ENJOY THIS GREAT LECTURE

Kindness is one of the most powerful tools we have as human beings. It doesn't cost anything, yet it can change someone's entire day or even their life. A kind word, a smile, or a helping hand can make people feel valued and supported. In schools, kindness helps build stronger friendships and creates a safe and welcoming environment for everyone.

Scientists have studied the effects of kindness and discovered that it can improve both mental and physical health. When we are kind, our brains release chemicals like serotonin and oxytocin, which make us feel happy and reduce stress. This means that being kind is not only good for others, it's good for us too!

Kindness is also contagious. When one person acts kindly, others often follow. For example, if a student helps a classmate who dropped their books, someone else might be inspired to help too. This chain reaction can spread throughout a classroom, a school, or even a community.

Interestingly, kindness is not limited to humans. Animals also show kindness in their own ways. Dolphins help injured members of their group, elephants comfort each other when they are sad, and dogs often show loyalty and affection to their owners.

In a world that sometimes feels full of problems, kindness is a simple way to make a difference. Whether it's helping a neighbor, listening to a friend, or simply saying "thank you," every act of kindness matters. So, the next time you have the chance, choose kindness. You never know how far it might go.

NOW ANSWER THE QUESTIONS BELOW



1. What is the main message of the passage?
 - A) Kindness is expensive but necessary.
 - B) Kindness is a powerful and beneficial action.
 - C) Kindness is only shown by animals.
 - D) Kindness should be avoided in schools.
2. What chemical does the brain release when we are kind?
 - A) Adrenaline
 - B) Serotonin
 - C) Caffeine
 - D) Insulin
3. What is one way kindness spreads?
 - A) Through punishment
 - B) Through competition
 - C) Through imitation
 - D) Through silence
4. Which of the following is not mentioned as an example of animal kindness?
 - A) Dolphins helping injured members
 - B) Elephants comforting each other
 - C) Cats sharing food
 - D) Dogs showing loyalty

TRUE / FALSE

1. Kindness can improve both mental and physical health.

True False

2. Kindness is only useful in schools.

True False

3. Animals are capable of showing kindness.

True False

MATCH THE QUESTIONS AND ANSWERS

Serotonin

A chemical that helps improve mood and reduce stress

Contagious

Something that spreads easily from one person to another

Loyalty

Strong feeling of support or faithfulness