



WHY IT'S COOL TO BE KIND



Scan to review worksheet

Expemo code:
1AGK-KMDP-CDM

1

Warm up

In pairs or small groups, discuss the following questions.

a) Which, if any, of these emotions did you feel today?

sad *happy* *angry* *mad* *glad*
exhausted *frustrated* *inspired* *resentful* *afraid*

b) How do emotions connect with kindness?

c) What comes to mind when you think of the word "kindness"?





2

Focus on vocabulary

Part A: Match the following vocabulary with their definitions.

- | | |
|-------------------------------|---|
| 1. <u>c</u> ultivation (n) | a. part of the essential nature of something |
| 2. <u>i</u> nsensitive (adj.) | b. straightforward or direct in speech or manner. |
| 3. <u>b</u> lunt (adj.) | c. ability to show the good judgement of something |
| 4. <u>i</u> nherent (adj.) | d. an act of kindness or generosity |
| 5. <u>a</u> lleviate (v) | e. reduce the severity of something |
| 6. <u>a</u> ltruism (n) | f. caring about the needs of others, even without personal gain |
| 7. <u>c</u> ontagious (adj.) | g. deliberately improving something through effort |
| 8. <u>g</u> ood deed (phr.) | h. able to spread to others |
| 9. <u>d</u> iscernment (n) | i. not caring about the feelings of others |

Part B: Complete the gaps with the vocabulary above.

- Members of the Scouts Organisation have to do a _____ every day.
- I say I am honest and direct but some people describe me as _____.
- He showed great _____ when choosing which college to attend.
- The painkiller helped _____ his headache.
- The _____ of wealth is a goal for many people.
- The young girl's laugh was _____. She put everyone in a good mood.
- Voluntarily donating blood is an example of _____.
- Risking your money is an _____ part of all gambling.
- He was really _____ after I lost my job. He just told me to stop crying and get over it.



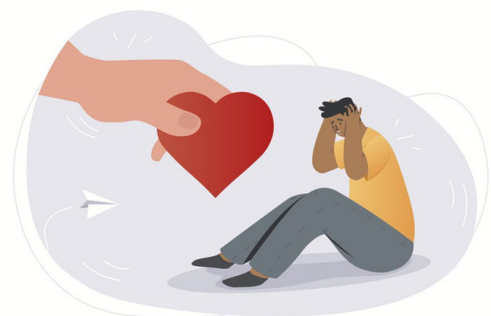


3 Reading for gist

Part A: You are going to do a reading about kindness. One of the sub-headings is: "The surprising benefits of kindness". Can you predict any of the benefits the article will describe?

Part B: Now, read the text and add the correct heading to the paragraphs (A-J). There is one which is not needed.

- Kindness starts with being kind to yourself
- The ripple effect of kindness
- We need kindness to survive
- A different kind of to-do list
- What is kindness?
- Kindness in social media
- Kindness needs compassion
- The surprising benefits of kindness
- Kindness can cost the giver
- Kindness can be complex
- Is empathy the same as kindness?





Kindness

A big-small behaviour

A. _____ 1

Kindness is showing consideration to others, as opposed to being insensitive, harmful or uncaring. All beings, humans and animals, appreciate kindness.

B. _____ 2

Kindness is a quality that seems inherent in human beings. As social animals, we need others' kindness to survive.

C. _____ 3

What does it mean to be kind? If someone asks for something that might be harmful to them, for instance, an alcoholic asking for a drink, is it kind to give it to them? Which economic policies are the kindest? When does kindness mean pushing past one's own limits?

D. _____ 4

Houston Kraft, who co-founded CharacterStrong, a program that teaches social and emotional skills to students says: "I hear people say, "Why aren't people more kind to each other? It doesn't cost you anything." And I'm like, "No, it definitely does." "If I don't spend time first identifying what people are going through, what they're navigating, what they actually need, then my kindness is going to typically serve me more than it does the person on the far side. Probably the biggest cost for most people is comfort."

E. _____ 5

The cultivation of compassion, empathy, and discernment will enhance kindness. Everyone has challenges, many hidden from sight.

F. _____ 6

One must first learn to be kind to oneself and practise self-compassion. When we are unkind towards ourselves, it is very difficult to be kind to another. Be kind to yourself when you make a mistake. Not doing so may lead to others becoming the target of the anger, frustration or disappointment that we really feel about ourselves. Dr James Kirby, a psychology lecturer at The University of Queensland says: "If I am being kind towards myself, the same regions light up if I'm receiving kindness from another person or giving kindness to another person. That's why we tell people, when you have a setback or difficulty, what's the tone of your self-talk like? Do you talk to yourself in an aggressive, matter-of-fact, blunt way, or can you speak to yourself in a friendlier way?"

G. _____ 7

Kindness can also cause a kind of 'ripple effect'. A 2018 study of employees at a Spanish company found that workers who received acts of kindness became happier and the effects of the altruism were contagious. However, those who delivered the acts of kindness benefitted even more.

H. _____ 8

According to research from Emory University, when you are kind to another person, your brain's pleasure and reward centres light up, as if you were the recipient of the good deed - not the giver. It also releases two chemicals, oxytocin, which reduces inflammation and can protect the heart by lowering blood pressure, and serotonin. "It's not uncommon to experience a 'feel-good rush' after you've been kind to another person," says Dr Kirby.



I. _____⁹

Jamil Zaki, PhD, an associate professor of psychology at Stanford University, says that empathy alone can lead us to feel bad for people who are suffering and still do nothing to alleviate that suffering. He says empathy encapsulates sharing, thinking, and caring. Sharing means asking yourself: "Do I know what you're feeling?" Thinking is more of the cognitive form of empathy. "How do I imagine myself in your experience?" Caring is the active component. That's where kindness comes in.

J. _____¹⁰

Houston Kraft suggests that instead of writing only a 'to-do' list, we should also focus on how we want to be. So we should also write a 'to-be list' which focuses on the questions: "Who do I want to give my kindness to today? What do they need today?"

Sources: UNESCO, Health Harvard, ABC.net

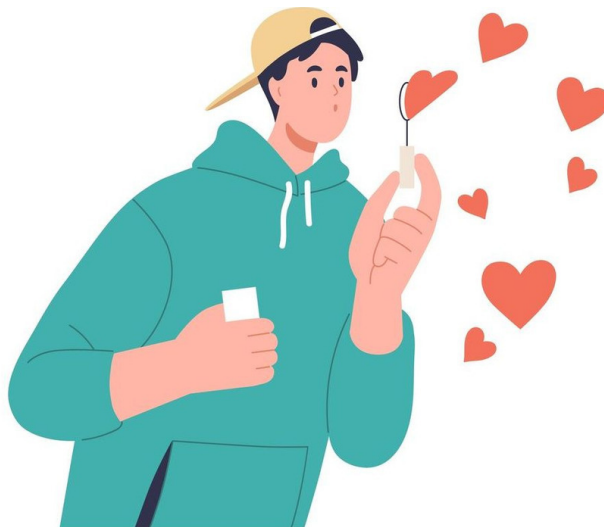
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Listening: discussion



Watch the following video from Houston Kraft. He is a speaker and author of "Deep Kindness". Then discuss the following questions.

1. What do you think about what he said?
2. Are we too self-obsessed?
3. Is it difficult to be kind sometimes? Why/why not?



5

Language point: adjectives with ing and ed

Part A: There are many common adjectives which are used to describe emotions and feelings which can end in either ing or ed:



- Adjectives that end in **-ed** are used to describe how people feel, eg: *I'm interested in the movie.*
- Adjectives that end in **-ing** are used to describe things and situations, eg: *The movie is interesting.*

-ed	-ing
<i>annoyed</i>	<i>annoying</i>
<i>bored</i>	<i>boring</i>
<i>confused</i>	<i>confusing</i>
<i>depressed</i>	<i>depressing</i>
<i>excited</i>	<i>exciting</i>
<i>frustrated</i>	<i>frustrating</i>
<i>frightened</i>	<i>frightening</i>
<i>satisfied</i>	<i>satisfying</i>
<i>shocked</i>	<i>shocking</i>





- Usually the 'thing' ends in ing. So the thing is interesting, boring, amazing etc.

The book is interesting.

The person is interesting.

The situation is interesting

- All of these are nouns or things.



- So remember, the thing is interestING, borING, amazING etc.

- But, note, in some cases a person can be like a thing. Look at these sentences:

Tom is so bored at school. → Tom is not interested in school. It does not hold his interest.

Tom is so boring at school. → Tom is the reason other people feel bored. He does not hold their interest.

- The feelings of the person usually end in ED.



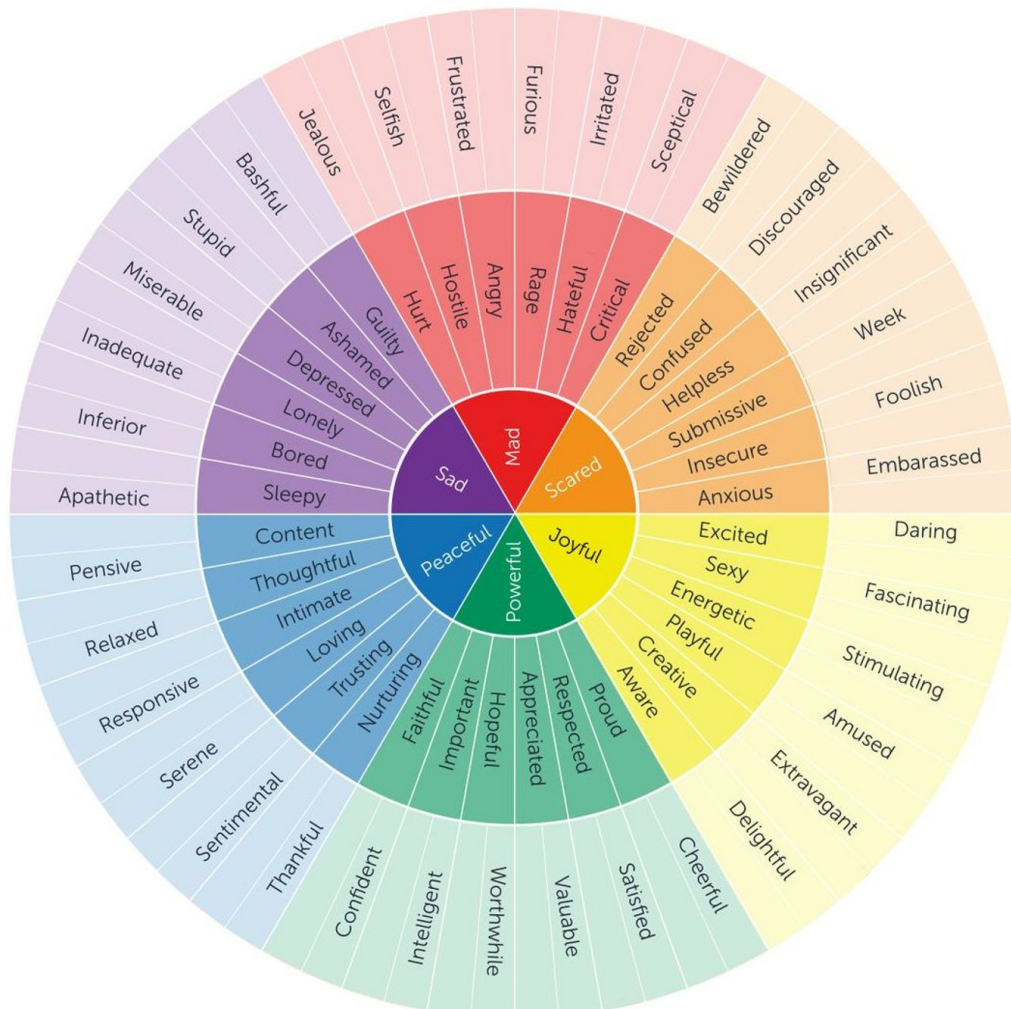
- So, you can imagine a person named Fred. FrED feels interestED, borED, amazED etc.

**Part B: Circle the correct option in each sentence.**

1. You look really *bored* / *boring*. Why don't you go find something to do?
2. I got the job! I can't believe it, I am so *excited* / *exciting*!
3. My little brother is always making noise. He's so *annoyed* / *annoying*.
4. The instructions were so *confused* / *confusing* that we accidentally put the doors on backwards..
5. Her colleagues were really *surprised* / *surprising* that she didn't get fired.
6. I read such an *interested* / *interesting* article the other day.
7. My dogs get really *frightened* / *frightening* when there are fireworks.
8. His behaviour in class was really *disappointed* / *disappointing*.

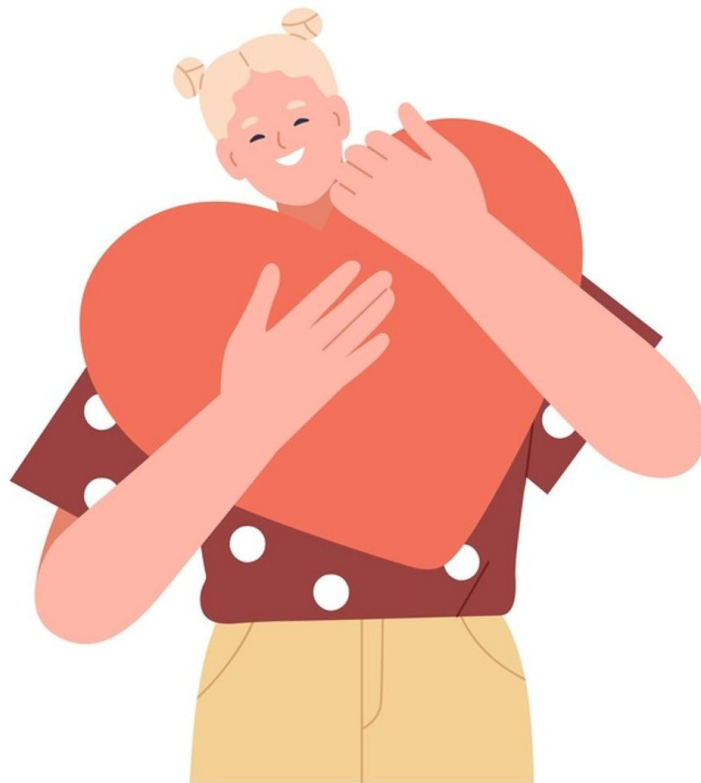
6**Roleplay activity**

Look at the wheel of emotions below. In pairs, you are going to each select an emotion and then do the dialogue on page nine using that emotion. Your teacher will give you more instructions.





- Person A:** Hello, welcome to Burger Yum Yum. What would you like to order?
- Person B:** I'd like a Burger Yum Yum special, please.
- Person A:** Okay, would you like fries and a drink to go with that?
- Person B:** No, thank you.
- Person A:** Are you sure? The burger is \$7, but if you get the menu it will be \$7.50.
- Person B:** I'm not that hungry.
- Person A:** Okay, no problem.
- Person B:** Oh wait, can I please have ketchup instead of mayonnaise on the burger?
- Person A:** Sure, that will be \$7.50.
- Person B:** But, I thought the burger was \$7.00.
- Person A:** It's 50 cents extra for changes.
- Person B:** Okay well in that case... actually, never mind. Here you go.
- Person A:** Thank you, and have a nice day.





7 Homework/extension task

Brainstorm some additional acts of kindness to add to the list of ideas. Choose one to do this week.

Ideas

- 1) Pick up one piece of rubbish from the ground and throw it in the bin.
- 2) Write a thank-you note to someone.
- 3) Hold the door open for someone.
- 4) Offer someone who needs a seat on public transport.
- 5) Make a donation to charity.
- 6) Give someone a compliment.

Other acts of kindness

- 7) _____
- 8) _____
- 9) _____
- 10) _____
- 11) _____
- 12) _____