



KINDNESS & HELPING

“Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you.”

Princess Diana (1961 – 1997)

1. Kindness & Helping Discussion

1. What is kindness? Why is it important to be kind to others?
2. Would you describe yourself as a kind person? Why or why not?
3. When do you usually help other people? Does it make you feel good when you help someone? If so, why do you think that is?
4. What’s the kindest thing someone has ever done for you?
5. When would you not be prepared to help someone?
6. What could you do to help people in your community?
7. Do you ever give money to homeless people? What about charities? Why or why not?
8. Do you think men or women are kinder?

2. Kindness & Helping Vocabulary

- **(to be) cruel to be kind** (idiom) – *to cause someone pain (physically or especially emotionally) in order to help them.*
- **random act of kindness** (noun) – *an unpremeditated act of kindness, usually towards a stranger, with no expectation of anything in return.*
- **(to depend on) the kindness of strangers** (idiom) – *(to rely on) the generosity of people you don't know.*
- **(to give/lend) a (helping) hand** (noun) – *(to give) assistance/help.*
- **do-gooder** (noun) – *used to criticise someone who thinks they are helping or supporting others, but in reality, their actions are either unhelpful, unwanted or not considered genuine.*
- **kind-hearted** (adjective) – *describes someone as being kind or generous.*

Using the vocabulary words above, complete the following sentences (remember to use the correct form of the word, e.g. verb conjugation or plural noun):

1. Can you give me **a hand** putting these boxes on the shelf?
2. I can't believe all these **do-gooders** going to volunteer in Africa when the reality is they're just taking jobs off the local people.
3. In an amazing **random act of kindness**, someone paid for my bus ticket when I didn't have enough money this morning.
4. My grandad was such a **kind-hearted** person. He'd do anything for anyone, even if he didn't know them.
5. Nobody wants to depend on **the kindness of strangers**, but these days, many people are thankful to have access to a community food bank.
6. Sometimes you have to be **cruel to be kind**, like telling your friend the truths they don't want to hear.

Kindness & Helping vocabulary comprehension questions

1. When do you have to be cruel to be kind?
2. What are some random acts of kindness you have experienced?
3. Which people depend on the kindness of strangers?
4. When do you often need a helping hand?
5. Which people do you consider to be do-gooders? Why?
6. Who is the most kind-hearted person you know? Why?

3. Video: The Power of Kindness

You are going to watch a video by CBS Sunday Morning called "The power of acts of kindness."

Watch the video here: <https://yourenglishtpal.com/blog/esl-conversation-lesson-plan-kindness-helping/>

While you watch the video, answer the following questions:

Multiple choice

- Tracey Build's family didn't have enough money for what?
a) a parking lot b) Christmas presents **c) a Christmas tree**
- In which of the following organisations had 'Jug' not served?
a) the army b) the navy c) the police
- What makes kindness so special?
a) it is appreciated b) it can be valuable **c) it is unexpected**
- What effect does oxytocin have on blood pressure?
a) it increases it **b) it lowers it** c) it has no effect

Sentence completion

- Elizabeth Higgins Clarke and Lauren Pomerantz did one small act of kindness **every day** for a year.
- A lot of their friends **made fun of** them for doing this.
- They posted their acts of kindness on social media using the hashtag **#KeepAmericaKind**.
- They baked **cookies** for strangers.

Short answer

- Think Kindness was created to teach whom about being kind? **Kids**
- Who delivered messages to teachers at Mount Rose Elementary? **Kindness ninjas**
- Messages of what are everywhere in BD Billingshurst Middle School? **Kindness and respect**
- What did the ending to *A Beautiful Life* prove about kindness? **Kindness begets kindness / It is contagious**

4. Kindness & Helping Conversation Questions

1. Which famous people are known for their kindness or for helping people?
2. In which professions do kind or helpful people work? In which professions can you find unkind or unhelpful people?
3. How can neighbours help each other?
4. How can colleagues help each other at work? Who helps you at work? What do you do to help your colleagues?
5. How can family members or friends help each other out?
6. How do some people take advantage of kind people? Does society consider kindness to be a weakness?
7. How does being kind affect your health? How can we be kinder to ourselves?
8. Why are some people unkind? Is the world becoming a kinder or a less kind place? Why?

5. Kindness & Helping Writing Task

Write about your opinion of kindness and helping. Try to use some of the vocabulary you learned earlier in this lesson. In your answer, you could include some of the following topics:

- How family members help each other.
- How workmates help each other.
- Whether or not the world is becoming a kinder place.

Alternative exam practice question:

Nobody should have to rely on the kindness of strangers. Do you agree or disagree?