

## Is it easy to be kind?

**Decide which of the definitions of kindness you like best and say why.**

- a) the quality of being friendly, generous and considerate
- b) the sincere and voluntary use of one's time, talent and resources to better the lives of others
- c) behaviour marked by acts of generosity, consideration or concern for others, without expecting praise or reward

**Match the question halves.**

- |                                                                   |                                                               |
|-------------------------------------------------------------------|---------------------------------------------------------------|
| a) Why is it difficult for some people to summon                  | 1) out a kind act for them?                                   |
| b) How could being kind come                                      | 2) up the courage to help strangers?                          |
| c) Should we make sure that a person doesn't mind before we carry | 3) across the wrong way?                                      |
| d) Why is kindness towards strangers thought                      | 4) within the last five hours?                                |
| e) Why is kindness perceived                                      | 5) as weakness by some people?                                |
| f) What kindness have you received or offered                     | 6) of as less important than kindness towards people we know? |

**Choose ONE of these topics and write a 10line paragraph :**

**Explain what you would do in these situations and what factors might influence your reaction.**

- You see your neighbours struggling to get a large mattress into their house.
- You are sitting on a bus and see an elderly person standing.
- A person cuts in front of you in a queue.
- You are on a plane and someone asks you to change seats with them because they want to sit next to their partner.
- A person walking in front of you in the street drops a chocolate wrapper and keeps walking.
- A stranger left a mean comment under your post on social media.
- Your colleague looks upset. You find out that his pet died last night.