



**GCSE**

3700U30-1A



A20-3700U30-1A

**WEDNESDAY, 4 NOVEMBER 2020 – MORNING**

**ENGLISH LANGUAGE**

**UNIT 3**

**Reading and Writing: Argumentation, Persuasion and  
Instructional**

**Resource Material**

For use with Section A

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**Text A** describes what a random act of kindness is.

## Random Acts of Kindness

A random act of kindness or RAoK is a selfless act performed by a kind person. It is intended to either help or cheer up a total stranger or someone in need, for no reason other than to make someone else happier.

One example of a random act of kindness is, when paying for a coffee in a coffee shop, to pay for the customer behind you as well.

The second week of February is Random Act of Kindness week.

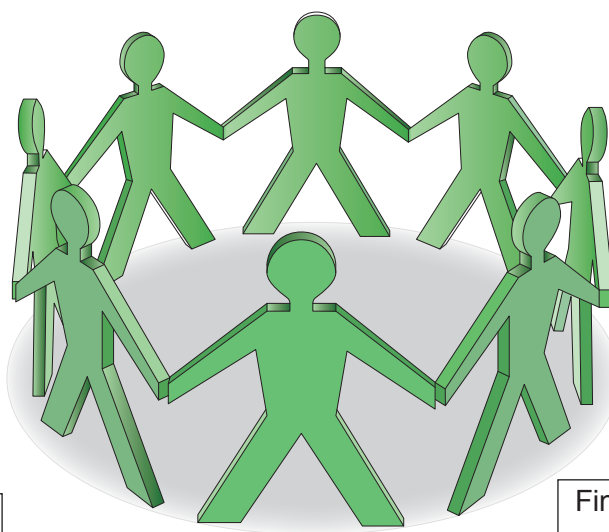
**Text B** describes the kindness chain.

## The Kindness Chain

# kindness chain reaction



Complete an act of kindness and become a link in the Kindness Chain.



Work out who you could help and how you would like to help them.

Think about how much time or money you can commit to being kind.

Find out what the Kindness Chain is and consider whether you should get involved.

**Text C** suggests the benefits associated with helping others.

**Research shows that helping others can be beneficial to our own mental health. It can reduce stress, improve our own emotional wellbeing and even benefit our physical health.**

Today, why not take action within your schools, workplaces and local neighbourhoods to help people and communities thrive? It's so important to look after each other as it helps to protect and sustain good mental health for all.

### What are the benefits?

#### 1. Helping others feels good

When you help others, it promotes positive changes in the brain associated with happiness. Helping others encourages us to lead a more physically active lifestyle, distracts us from our own problems, and improves our self-esteem.

#### 2. It brings a sense of belonging and reduces isolation

Being part of your local community leads to a feeling of belonging. Face-to-face activities such as volunteering at a drop-in centre can help reduce loneliness and isolation.

#### 3. It keeps things in perspective

Helping others in need, especially those who are less fortunate than yourself, can make you realise how lucky you are. It also helps you to achieve a more positive outlook on things that may be causing you stress.

#### 4. It makes the world a happier place – it's contagious!

Acts of kindness have the potential to make the world a happier place. They can also encourage others to repeat the good deed that they've experienced themselves.

#### 5. The more you do for others, the more you do for yourself

Evidence shows that the benefits of helping others can last long after the act itself by providing a 'kindness bank' of memories that can be drawn upon in the future.

### Physical health benefits

#### 1. It reduces stress

Positive emotions reduce stress and boost our immune system which can protect us against disease.

#### 2. It helps get rid of negative feelings

Negative emotions such as anger, aggression or hostility have a negative impact on our mind and body. Engaging in acts of kindness can help decrease these feelings and stabilise our overall health.

#### 3. It can help us to live longer

Giving and helping others may increase how long we live. Studies of older people show that those who give support to others live longer than those who don't.

### Daily Acts of Kindness

Give a compliment	Give biscuits to a friend	Volunteer	Walk a neighbour's dog	Donate to a food bank
Send a thank you card	Welcome a newcomer	Pick up litter	Donate to a charity shop	Bake a cake

*Text D is taken from a Christmas blog.*

## The selfish act of kindness?

Kindness is a win-win quality.

This time of year, kindness becomes almost expected. We give presents to kids who otherwise wouldn't have them. We load bags with food for the hungry. We make donations to those in need. Sometimes we even let someone move ahead of us in a busy queue. Or we smile at, instead of fighting with, that guy who grabs the latest gadget. This time of year, we focus on doing good and it makes us feel great. Certainly, that's not a bad thing.

But, is all that kindness – selfish? Researchers say that kindness is a form of self-preservation as those who give more, get more. The most generous among us have greater influence and are more popular. Whereas, the meanies who are grouchy and unhelpful are more likely to be cast aside.

So, is kindness motivated by our genuine concern for others or are we do-gooders because it makes us look good? Most of us genuinely enjoy helping others. It makes us feel connected and happy which makes for a healthier more satisfying life. But, it doesn't hurt that we also receive other rewards – status and influence – that help us survive and thrive. Who can complain? If you're kind everybody benefits, even you.

Kindness can be a small, simple act and still make a gigantic impact. It's more a matter of awareness – noticing a need and then consciously offering a bit of yourself. Here are some other things you can do:

- help someone unload the groceries from their trolley
- drop off a meal to a friend who is unwell
- send a thank you card to someone who has been kind to you
- spend some time with those who need a friend

Remember, the act doesn't have to be epic to make a difference and it's one way we can all win.

*Text E is taken from a magazine article.*

## Do Random Acts of Kindness Bring Happiness?

It is true that studies show that if you commit a random act of kindness, you'll feel happier. Giving flowers to a stranger or paying for a coffee for the person behind you, are typical examples. Doing something thoughtful for someone else is a surefire way to make yourself happier. Do good, feel good.

However, probably the reason you feel happier is that you're imagining that you're making someone else happy – and that's not as true as you might think. A study shows that many people reacted to receiving a random act of kindness with...suspicion! This certainly rings true for me. If someone randomly does something kind for me, I'm on guard. It's not that I don't trust people. It's just that I'm uneasy if I don't understand why someone behaves in an unusual way. It's not the *kindness* of the act that's the problem; it's the *randomness*.

We don't expect people to act randomly. A person might feel suspicious when you offer to share your umbrella, for example, because they might think they have to do something in return. After all, that's why charities send free pens or complimentary Christmas cards and then they ask you for money.

It's always nice to be nice, of course. It's not *bad* to practise random acts of kindness. But, if you want to build your happiness based on the happiness you bring to other people, it's more productive to have a specific target. Help a classmate even when you're rushing to meet a deadline yourself. Go out of your way to help an overwhelmed parent juggling toddlers and grocery bags. Just be careful what you do. For example, putting money towards a stranger's shopping is such an unexpected action that there's a good chance that it won't be understood correctly.

Maybe some people are attracted to acting randomly because it allows them to be more secretive about their good deeds. Some people believe that the fact that you get 'credit' for a worthy act somehow minimises its worth, and along the same lines, some people argue that you can never act without self-interest, because performing good acts inevitably brings the pleasure of happiness.

So, perform acts of kindness. Randomly, but even better, not randomly.