1 **Read the quote and discuss the questions with a partner.**

"When you are kind to others, it not only changes you, it changes the world."

Harold Kushner

- Do you agree with the quote? Why or why not?
- How can kindness change you?

kindness – a kind act

2 **Read the forum posts and answer the question.**

What do these three people have in common?

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emin ✔ @emin · 20 Jul   ···

I was walking down the street when I saw an old woman. She was carrying heavy bags. She was struggling to walk and looked tired. She wasn't asking anyone for help. I noticed that people were looking at her, but they weren't offering any help. They didn't show empathy. I decided to help. While I was walking to her, I fell in the middle of the street. I was embarrassed and started apologising. But the old woman smiled and said, "Don't worry, dear. You tried to help me and that's more important."

♡ 153   ⟲ 120   ♡ 305   ↑

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nataly ✔ @nataly · 14 Dec   ···

I was walking outside in the rain. People were hurrying to work. Suddenly, I noticed a small kitten in a corner between two cafes. It was thin and didn't look healthy. I felt sad. The owners of the cafes were standing in front of their cafes and eating something. They weren't giving the kitten any food or water. The kitten was staring at me. I came closer and touched it. It wasn't moving. It looked miserable and helpless.
I felt bad for the kitten because it was really cold outside. So, I decided to take it home. I asked my parents for permission and they agreed. Whenever I think about it, I become happy because I helped the poor kitten.

♡ 189   ⟲ 128   ♡ 200   ↑