

## What is an Act of Kindness?

Name \_\_\_\_\_ Period \_\_\_\_\_

An act of kindness is a spontaneous gesture of goodwill towards someone or something—our fellow humans, the animal kingdom, and the kingdom of nature.

1 Kind words and deeds come from a state of benevolence, generated by a core response deep within all of us. When we carry out an act of kindness, it is a message from one heart to another, an act of love, an unspoken "I care" statement.

2 While you may not realize it, you are performing many acts of kindness each day. Such things as smiling and greeting people in a friendly manner, whether they be friends, associates or total strangers. A kind act can be sincerely complimenting someone about their hair, eyes, smile, laugh, an item of clothing or jewelery, their positive outlook, their caring attitude, or something they do or have done well. It can be helping someone on or off with their coat, opening a door, saying please, thank you, excuse me, and other common courtesies that unfortunately are not very common these days. It can be giving your total attention to people when they are talking; it can be offering support to someone who has a problem; it can be helping to heal a rift. Or it can be not doing something. For example, refraining from such things as gossiping, finding fault, or making negative judgments.

3 As more and more people join the Kindness Revolution, the downward spiral of society fueled by selfishness, materialism and greed will be slowed, and even reversed. As this happens it will promote an enhanced feeling of 'belonging' in the community, and give a greater sense of meaning and purpose to all of our lives.

4 When carrying out acts of kindness, care should be taken not to intrude or embarrass - 'discretion' is the operative word. Give you smile or whatever, and then move on, unless the receiver gives out signals that they would like to talk. If you linger, the receiver could feel an obligation to **reciprocate**, or perhaps become embarrassed and resent the kind act. Some kind acts may be able to be carried out anonymously. It absolves the receiver of any sense of awkwardness or indebtedness, and for the giver, it becomes an enjoyable game. Also, anonymous kindness bypasses our ego's demand for attention, and is the highest form of kindness.

## Questions

Name \_\_\_\_\_ Period \_\_\_\_\_

1. In paragraph one, the author calls an act of kindness three things. What are these three things?
  - a)
  - b)
  - c)
2. What is the purpose of paragraph two?
  - a) It gives reasons why we should be kind.
  - b) It provides examples of acts of kindness.
  - c) It suggests that even mean people want to be kind.
  - d) It gives different definitions of kindness.
3. Why do you think the author capitalized “Kindness Revolution” on paragraph three?
  - a) Because this is the name of an actual historical event.
  - b) Because he doesn't know the rules of capitalization.
  - c) Because he thinks it looks good.
  - d) Because he wants to stress its importance.
  - e) All of these answers could be true.
  - f) None of these answers is really good.
4. In paragraph four we find this sentence: “If you linger, the receiver could feel an obligation to **reciprocate**, or perhaps become embarrassed and resent the kind act.” “Linger” means to hang around longer than really necessary. Knowing that, what do you think “reciprocate” means?
5. On a scale of one to ten, ten being “Impossible—I didn't understand a bit of it” and one being “I understood every single word,” how would you rate the difficulty of this short article?