

Kindness in Action

Intermediate (B1-B2)



WARM-UP DISCUSSION

Look at the words below. How would you define kindness? Give one short definition and then share one example of kindness you've seen recently.

Caring	Helpful	Generous	Thoughtful
Patient	Selfless	Supportive	

VOCABULARY

Match the words/phrases to their meanings.

Give a compliment	Lend a hand	Pay it forward
Listen carefully	Check in	Brighten someone's day

- _____ say something nice about someone
- _____ do something nice because someone once helped you
- _____ show interest and empathy
- _____ help with a task
- _____ make someone feel happier
- _____ ask someone if they're okay

VIDEO ACTIVITY

Part 1. Before watching the video, discuss the following questions.

1. What do you think the phrase **"The ripple effect of kindness"** means?
2. Do you believe one small action can change someone's life? Why or why not?

Part 2. Watch the video.

Part 3. Discuss the following questions based on the video.

1. How did the video make you feel?
2. Which moment stood out to you most?
3. What message did it share about kindness?

Part 4. Read the line from the film and discuss the questions.

"A simple act of caring creates an endless ripple."

Discuss:

- What does ripple mean in this sentence?
- Can you think of a real example of kindness spreading?
- How can kindness create change in families or communities?

SPEAKING

Part 1. Complete each sentence with your own ideas.

- When I give **a compliment**, ...
- I usually **lend a hand** when ...
- I try to **pay it forward** by ...
- I **listen carefully** when ...
- I like to **check in** with ...
- When you **brighten someone's day**, you...

Part 2. Talk about a time you did one of these things. Give details.

- smiled at a stranger
- gave up your seat for someone
- volunteered
- gave someone advice or support
- helped a colleague or classmate

Discuss:

What happened? How did you feel afterwards?

Part 3. Read each situation. What would you do, and why?

- You see a tourist looking lost.
- Your neighbour seems lonely.
- A friend looks upset but says "I'm fine."
- Someone drops their shopping bag in the street.
- You notice a rude comment online.
- Your friend just failed a driving test.

Part 4. Choose one small act of kindness you could do this week and share your idea.

1. Which ideas are easy to do?
2. Which could have the biggest effect?

Part 5. Read the quotes below. Which one do you agree with most, and why?

"Be kind whenever possible. It is always possible." – *Dalai Lama*

"No act of kindness, no matter how small, is ever wasted." – *Aesop*

"Kindness is free – sprinkle it everywhere."

Discuss:

- Which quote do you personally connect with?
- Can you give a real-life example that supports it?

REFLECTION

Finish the sentences.

- Kindness means...
- I can show kindness by...
- The best thing about being kind is...
- Kindness matters because...

WRAP-UP TASK (OPTIONAL HOMEWORK)

Write 8–10 sentences about a kind gesture that made a difference in your life, using at least 5 of today's vocabulary items or record a 2-minute story about a moment of kindness you gave or received.

