

## Kindness is a good guiding principle for life

☒ ☒ ☒ Check in with myself

\_\_\_\_\_ showed kindness to me recently. It made me feel

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**South Africans are known for their random acts of kindness. Read this story about the kindness of a stranger in Cape Town.**

A man called Tertius was sitting in a fast food outlet when he saw a disabled man at a table. The disabled man had ordered an ice cream, but because of his disability, he was struggling to find a way to eat it. Then out of the kindness of his heart and without being told to do so, one of the waiters went and sat down next to this man and patiently fed him the ice cream. This act of compassion made the customer feel very happy. He gave the waiter, Vincent, a long hug.

**1** What would you do in a similar situation?

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**2** Write about how you could perform a random act of kindness or recall how you were kind to a stranger.

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### Reading

Reading can be a powerful tool to nurture empathy in high school classrooms. Teens have the mental abilities to understand the role that kindness plays in stories and novels. It is easy for teens to get wrapped up in their own experiences, identities, and relationship to the world. Reading can take them out of the confines of their own experience and help them to move forward to being thinkers in the “real world” and be globally conscious, open-minded, and compassionate people. Choose books and stories that integrate kindness and empathy and deal with mental illness, culturally variant perspectives, or bullying. Group discussions and writing exercises help examine the way the characters in the novels are either affected by, or engage in, random and purposeful acts of kindness.

**Read the text and answer the questions below.**

**1** What do the following words mean?

**a** empathy: \_\_\_\_\_  
 \_\_\_\_\_

**b** nurture: \_\_\_\_\_  
 \_\_\_\_\_

**2** Explain how reading a story about how a bullying situation was resolved can help the following people:

**a** The bully: \_\_\_\_\_  
 \_\_\_\_\_

**b** The target: \_\_\_\_\_  
 \_\_\_\_\_

**c** The bystander: \_\_\_\_\_  
 \_\_\_\_\_

**3** Write five lines about an act of kindness that you witnessed at school.

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