

# LET'S BE KIND

## PART ONE

a variety of	מגוון של	outdoors	בחוץ	soft drink	משקה קל
break (n)	הפסקה	physical	גופני	towel	מגבת
evidence	הוכחה, ראיה	playground	מגרש משחקים	volunteer (n, v)	מתנדב, להתנדב
make friends	לרכוש חברים	put up	להציב, לתלות		

**A** Have you ever done these things at school? Tick (✓) the sentences that are true for you.

### I HAVE ...

- 1. stayed in the classroom during the **break**.
- 2. **put up** a poster in the classroom.
- 3. **made a** new **friend** from a different grade.
- 4. **volunteered** to help my teacher.
- 5. done a difficult **physical** activity.
- 6. experienced **a variety of** challenges.

**B** Circle the sentence that has a similar meaning to the sentence in color.

- 1. Adina dried her hair with a soft **towel**.
  - a. She used a cloth to remove the water from her hair.
  - b. She used a brush to arrange her hair.
- 2. The empty plates were **evidence** that the guests liked the food.
  - a. The empty plates were a reason why the guests liked the food.
  - b. The empty plates showed that the guests liked the food.
- 3. The event will take place **outdoors**.
  - a. The event will happen in the open air.
  - b. The event will happen inside a building.
- 4. The school built a new **playground** for the younger students.
  - a. The school opened a new library for young students.
  - b. The school made an area for young students to play.
- 5. The doctor warned that **soft drinks** can harm your health.
  - a. Drinking too much sweet soda can be bad for your body.
  - b. Drinking too much coffee is not healthy.

<b>amazing</b>	מדהים	<b>community</b>	קהילה	<b>positive</b>	חיובי
<b>appreciate</b>	להעריר	<b>gain (v)</b>	להרוויח, להשיג	<b>reduce</b>	לצמצם
<b>as well as</b>	כמו גם, וגם	<b>have in common</b>	יש במשותף	<b>staff</b>	צוות
<b>award</b>	פרס	<b>pleased</b>	מרוצה	<b>stress (n)</b>	לחץ

**C** Tick (✓) the correct column: Agree or Disagree.

## Doing Good in the Community

	Agree	Disagree
1 Helping other people can help reduce <b>stress</b> .		
2 Working together can bring <b>amazing</b> results.		
3 Children can also do good things for the <b>community</b> .		
4 To help people, you must have a lot <b>in common</b> with them.		
5 Giving <b>awards</b> can motivate people to help their communities.		
6 Students need to <b>reduce</b> study hours in order to volunteer more.		

**D** Complete the diary entry with the words below.

appreciates ♦ as well as ♦ gains ♦ pleased ♦ positive ♦ staff

Dear Diary,

As you know, the <sup>1</sup> ..... at my school includes really wonderful people — the teachers and the secretaries are always very kind and helpful. Last week, my friends and I decided to do something to show them how much we <sup>2</sup> ..... them.

We baked some muffins <sup>3</sup> ..... a variety of cookies, and we wrote <sup>4</sup> ..... messages for everyone. Then, we put everything in the teachers' room early in the morning.

Well, the staff loved it! They were so <sup>5</sup> ..... with our surprise!

I am sure that the whole school <sup>6</sup> ..... a lot when we are all kind to each other.



**A** Read the text.

# DOING GOOD together

**I** It's a very hot day at school, and you are tired. When the break starts, you walk outdoors to get some fresh air. Some students are handing out juice and soft drinks in paper cups to everyone. There are words written on the cups like *You're amazing!* and *Enjoy your break!* Everyone feels surprised and pleased. What's going on? This is a group kindness<sup>1</sup> project.

**II** In many schools, group kindness projects have become very popular. A group kindness project can be anything from bringing treats to your classmates to playing music for students during the breaks. In one school in California, a group of students put up a table with paper and a variety of colorful markers in a busy area of the school. Any student could write a thank you note to another student, a teacher or a person on the school staff. Soon, everyone in the school was taking time to appreciate all the nice things others had done.

**III** These ideas don't have to stop at school. Some students are bringing group kindness projects to their communities. They might paint the benches in a playground or clean up the park. One group collected books to give to poor children. Another group collected towels for homeless people. Group kindness projects can be almost anything, but they all have two things in common: everyone is a volunteer, and no one receives a prize or award for taking part.

**IV** Group kindness projects are good for the people who show kindness as well as the people who receive it. Tara Gruenewald, a psychologist at the University of Southern California, explains, "There's a lot of evidence that when we help others, it can improve our own physical health. For example, helping others can reduce the stress people sometimes feel." Another positive result of kindness projects is that people gain confidence by helping others. Working in a group can also give people a chance to make friends. This, in turn, helps them feel part of their community. All in all, group kindness projects show that everyone benefits from kindness.

<sup>1</sup> kindness - נדיבות



## **B** Answer the questions.

- What do we learn from paragraph I?
  - What the students usually drink.
  - Why students sold juice during the break.
  - What kindness the students did for others.
- According to lines 5-7, what is ONE example of a kindness project?  
ANSWER: .....
- What happened as a result of the thank you note project? Complete the sentence. (paragraph II)  
Students began to .....

- What do we learn about group kindness projects in paragraph III?

Put a (√) by the TWO correct answers.

- ..... i) Projects can also happen outside of school.
- ..... ii) Some students collected books for their school library.
- ..... iii) Most playgrounds are not good places for kindness projects.
- ..... iv) One group brought towels to people in need.
- ..... v) Some students volunteered to play with children in the park.
- According to paragraph III, what is true about all group kindness projects? Give ONE answer.  
ANSWER: .....
  - Kindness projects actually help TWO groups of people. Who are they? (paragraph IV)  
ANSWER: a. ....  
b. ....

- What physical benefit can people get from taking part in a group kindness project?

Complete the sentence according to lines 17-20.

It can help .....

- How can group kindness projects improve people's social lives? (paragraph IV)

ANSWER: .....



## **C**

Would you like to organize a group kindness project at your school? Why? Tell your partner. Use new words from pages 4 and 5.

*I think students would be pleased ...*



## **D**

Write a diary entry that talks about a kindness project or something kind that you did. Use at least FOUR of the new words from pages 4 and 5.

## GRAMMAR FOCUS

<i>Do you want <b>anything</b>? I don't have <b>anything</b>.</i>	משתמשים ב- <b>anything</b> כשמדובר במשפט שאלה או משפט שלילה.
<i><b>Everything</b> is ready.</i>	משתמשים ב- <b>everything</b> כשמתכוונים לכל הדברים, בלי יוצא מן הכלל.
<i>I have <b>nothing</b> to say.</i>	משתמשים ב- <b>nothing</b> כשמתכוונים שאין שום דבר בכלל.

**E** Complete the sentences with **anything**, **everything**, or **nothing**.

- The box is empty. There is ..... inside.
- Look at this mess! ..... is on the floor!
- Are you hiding ..... behind your back?
- Don't worry about the price. I will pay for .....
- It is a secret. Please say ..... about it.
- I looked everywhere, but I didn't find .....

## PART TWO

<b>all day long</b>	כל היום	<b>flavor</b>	טעם	<b>the dishes</b>	הכלים
<b>apology</b>	התנצלות	<b>miss an opportunity</b>		<b>think of</b>	לחשוב על
<b>at all</b>	בכלל		להחמיץ הזדמנות	<b>try on</b>	למדוד (בגד)
<b>borrow</b>	ללוות	<b>set out</b>	לצאת לדרך	<b>unfriendly</b>	לא ידידותי
<b>change one's mind</b>	לשנות את דעתו	<b>shy</b>	ביישן	<b>user-friendly</b>	נוח לשימוש

**A** Complete the sentences with the words below.

**all day long ♦ borrow ♦ change my mind ♦ the dishes  
flavor ♦ set out ♦ try on ♦ user-friendly**

- My favorite ..... of yogurt is cherry.
- The new technology is ....., so I don't need much help.
- If I ..... something, I always return it on time.
- After I make a decision, I never .....
- When it rains, I never go out. I prefer to stay home .....
- I like to ..... a lot of shoes before I buy a pair.
- I like to wash ..... with hot water.
- When my family goes on a trip, we like to ..... early in the morning.

architect	אדריכל	housework	עבודות בית	ski (v)	לגלוש סקי
charity	צדקה	literature	ספרות	tie (n)	עניבה
error	שגיאה	post (n)	דואר	toe	אצבע רגל
exhibition	גלריה, תערוכה	receipt	קבלה	walk someone to	ללוות מישהו
favor	טובה	sew	לתפור		

**B** Complete the poster with the words below.

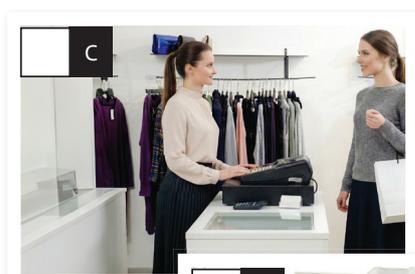
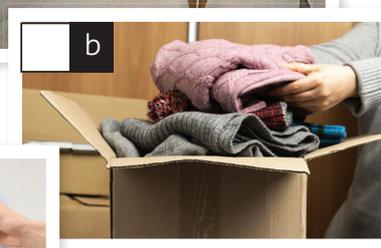
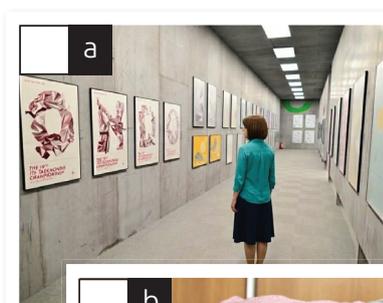
at all ♦ apology ♦ favor ♦ miss an opportunity ♦ shy ♦ think of something ♦ unfriendly

## Kindness Week

- Don't <sup>1</sup> ..... to be kind!
- Kindness doesn't cost anything <sup>2</sup> ..... !
- Never be <sup>3</sup> ..... to other students. It may hurt them.
- Ask a <sup>4</sup> ..... classmate to have lunch with you and your friends.
- Do a <sup>5</sup> ..... for a classmate every day.
- If you want to make a classmate happy, <sup>6</sup> ..... nice to say to them.
- If you hurt someone's feelings, you should make an <sup>7</sup> .....

**C** Match the pictures to the sentences. Which of the sentences show kindness?

1. These clothes are for **charity**.
2. Don't forget to get a **receipt**!
3. She always helps with the **housework**.
4. She is enjoying the **exhibition**.
5. Which **tie** is the nicest?
6. She always **walks her sister to** school.
7. Which **flavor** would you like?





Complete the mini-dialogues with the words below. Use the answers to help you.

architect ♦ errors ♦ literature ♦ post ♦ sewing ♦ ski ♦ toe

1. **Reporter:** What do you do in your job as an ..... ?  
**Mr. Gold:** I design schools and other buildings.
2. **Ethan:** Why do some people like to ..... ?  
**Matt:** It's a great way to enjoy nature.
3. **Mom:** Why are you holding your ..... ?  
**Son:** I dropped something on it. It hurts!
4. **Mindy:** Do you study poems in your ..... lessons?  
**Sharon:** No, this year we are focusing on short stories.
5. **Anna:** What are you ..... ?  
**Eva:** I'm making a dress for my sister.
6. **Isaac:** There is an ..... in this sentence.  
**Eli:** Oh, I see it. I will fix it.
7. **Dina:** Did you get the book already?  
**Mali:** Yes. It arrived by ..... this morning.



## LANGUAGE FOCUS - ADJECTIVES

<b>blind</b>	עיוור	<b>external</b>	חיצוני	<b>gentle</b>	עדין	<b>solid</b>	מוצק
<b>careless</b>	חסר זהירות	<b>extra</b>	נוסף	<b>rare</b>	נדיר		

1. The wind is **gentle** today. It is *soft / loud*
2. This is an **external** problem. It comes from *inside / outside*
3. She has **extra** time. She has *more / less* time than usual.
4. This animal is **rare**. You *often / don't often* see it.
5. The table is **solid**. It is *strong / weak*
6. The boy is **blind**. He uses *pictures / Braille* to read.
7. This was a **careless** mistake. Next time, *check your answers/ finish more quickly*.

## REVIEW

**A** Translate the following words.

a variety of	careless	gentle	put up	the dishes
all day long	change one's mind	have in common	rare	think of
amazing	charity	housework	receipt	tie (n)
apology	community	literature	reduce	toe
appreciate	error	make friends	set out	towel
architect	evidence	miss an opportunity	sew	try on
as well as	exhibition	outdoors	shy	unfriendly
at all	external	physical	ski (v)	user-friendly
award	extra	playground	soft drink	volunteer (n, v)
blind	favor	pleased	solid	walk someone to
borrow	flavor	positive	staff	
break (n)	gain (v)	post (n)	stress (n)	

**B** Which of the sentences go with each of the pictures? Write A or B.

- 1. He is washing **the dishes**.
- 2. He is an **architect**.
- 3. He is doing **housework**.
- 4. He must **think of** original ideas.
- 5. He is wearing a **tie**.
- 6. If he's **careless**, things will stay dirty.



**C** Complete the sentences in a logical way.

1. It's important to learn how to **sew** because .....
2. The last time I went to an **exhibition**, I saw .....
3. I sometimes **borrow** .....
4. To stay healthy, eat a **variety of** .....
5. Never **miss an opportunity** to .....
6. Try to be **positive** even .....

**D**

Choose the correct answer.

1. I put cinnamon in my coffee to give it a nice . . . .
  - a. towel
  - b. flavor
  - c. apology
  - d. favor
2. I bought two . . . tickets for my friends.
  - a. unfriendly
  - b. careless
  - c. pleased
  - d. extra
3. In exercise class, the students had to touch their . . . .
  - a. toes
  - b. tie
  - c. soft drink
  - d. receipt
4. This computer program is successful because it is . . . .
  - a. solid
  - b. physical
  - c. outdoors
  - d. user-friendly
5. Before you buy clothes, you should . . . .
  - a. set out
  - b. try them on
  - c. change your mind
  - d. think of something
6. The . . . worked together to prepare the event.
  - a. staff
  - b. dishes
  - c. post
  - d. towels

**E**

Match THREE of the words in each group to their definitions.

**1**

1. to volunteer
  2. to reduce
  3. to sew
  4. to borrow
  5. to put up
  6. to gain
- ..... to display / to build
- ..... to work without pay
- ..... to make something less

**2**

1. award
  2. post
  3. break
  4. stress
  5. receipt
  6. playground
- ..... a short time when you stop working
- ..... the paper that shows you paid money
- ..... a place where people go to have fun

**3**

1. solid
  2. shy
  3. gentle
  4. external
  5. physical
  6. rare
- ..... kind
- ..... quiet around other people
- ..... hard to find