**The Virtue of Kindness**

**☐ Part 1: Vocabulary**

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| **Difficult word/phrase** | **Translation** | **Easier replacement** |
| trivial | trivial | silly/extremely easy |
| courtesies | artigheter | polite behaviors |
| insignificant | obetydlig | unimportant |
| interpersonal | mellanmänsklig | between-people |
| genuine | äkta | real/honest |
| gesture | gest | (hand/arm movement)/action |
| considerate | omtänksam | kind and thoughtful |
| hostile | fientlig | hateful |
| transform | omvandla | change |
| recipient | mottagare | receiver |
| malicious | illvillig | evil and cruel |
| ensure | säkerställa | secure/make sure of |
| consideration | hänsyn | (serious thought/something to think about/respect) |
| insight | insikt | (understanding of deep things) |
| insecurities | osäkerhet | (sources of worry and stress) |
| affection | tillgivenhet | feeling of love |
| verbally | muntligt | (by speaking/related to speaking) |
| emotion | känsla | feeling of love, hate, guilt, etc. |

**☐ Part 2: How to Be a Nicer Person**Watch the video *How To Be a Nicer Person*: <https://youtu.be/PtQpHoU2iOw>

**☐ Part 3: Acts of Kindness**

Turn to the person(s) next to you and discuss these topics:

* What do you do for other people that makes you happy?
* What could you do?

**☐ Part 4: Pay It Forward**

Watch the video *Help Yourself by Helping Others*: <https://youtu.be/9MQXqpQtzaE>

**☐ Part 5: Discussion**

Turn to the person(s) next to you and discuss these topics:

1. When was the last time you went out of your way to be really kind to someone? What did you do and how did it make you and the other person feel?

2. When was the last time you felt someone went out of their way to be kind to you? What did they do?

3. What might cause some people to "pretend" to be a kind person?

4. Can being kind really make a difference in life? Explain.

5. What could be some negatives associated with being too kind a person?

6. What are some things that could affect someone's ability to be kind? (i.e. weather, money, health...etc)

Questions from: http://www.eslmadeeasy.ca/2014/11/november-topic-world-kindness-day.html

If there is time: **☐ Part 6: Promoting the power of kindness**

Watch the video *Promoting the power of kindness*: https://youtu.be/ZKwQ-w87E2g