



The science of happiness ②

Random Acts of Kindness

“Random acts of kindness” are unexpected, kind things.
Happy people do kind things. It feels *good!*

① These are nice things that are easy to do. Write at least two more.

- Say “thank you” to someone at school.
(ideas: the cleaning people, the office staff, etc.)
- Give up your bus/train seat to an old person or someone with a baby.
- Smile at someone who is not smiling.
- Pick up a bicycle that fell over.
- Compliment someone (say something nice).
- Pick up some garbage outside. Throw it away (It is kind to the earth).
- Turn off a light that isn’t needed. (Also kind to the earth).
- Send an email or ecard* to friends.
Tell them how much care about them.
- _____
- _____

② Which will you do today?
Check () all of them you promise yourself you will do.

③ Tonight, think about you did today. Feels good, doesn’t it?
What will you do tomorrow?
How will you feel when you do one extra “act of kindness” every day?

* “ecards” are internet greeting cards. Find a site by searching: *free ecards*

Language focus: imperatives
Positive psychology focus: Happy people do kind things for others.

Thanks to Tim Murphey for some of the ideas on this tasksheet and for introducing me to the term “random acts of kindness”.

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