



***A life not  
lived for  
others is  
not a life.***

**Mother Teresa**

## **PATH**

### *Generous Walks of Altruism*

## **GAINS**

- ➔ Strengthening interpersonal connections with the practice of love and compassion
- ➔ Showing effort to understand and share the feelings of others
- ➔ Being motivated to help others without expecting anything in return
- ➔ Inspiring others to create a chain reaction of love and compassion



## DIALOGUE

- 1 Read the dialogue between Kathy and Bill discussing helpfulness and answer the questions.

**Bill:** Kathy, what would you say about this saying: “The best of people are the ones who are most helpful to people”?

**Kathy:** It depends on how you define “best” and “helpful.”

**Bill:** I think the best people are those with good morals, values, and character. And helpful people are those who do good deeds for others, expecting nothing in return.

**Kathy:** I’d say being helpful to others is a sign of being a good person. It shows that you care about other people’s well-being, and that you are willing to sacrifice your time, energy, or resources for them.

**Bill:** Being helpful also benefits you: you feel happier and more fulfilled, and people respect you more. It helps the world, too, by spreading kindness and generosity.

**Kathy:** But helping others does not mean you have to neglect yourself. You can still help others while taking care of your own needs. One should always observe balance.

**Bill:** Absolutely. You can’t help others if you are not healthy, happy, or satisfied yourself. You have to find a way to help others without harming yourself.

**Kathy:** It looks like we both agree that being helpful to others is a good thing, but it has to be done in moderation and with wisdom.

**Bill:** Yes, we do. Thank you for sharing your thoughts with me.

**Kathy:** You’re welcome.



### Questions:

- 1 How does Bill define best people? Do you agree?
- 2 How does Bill define helpful people? Do you agree?
- 3 What do you think about the relation between best people and helpful people?
- 4 How can you define helpfulness?
- 5 Is helping others important for you? Why? Discuss with your friends.

#### NOTE

Helpfulness can be defined as the tendency or behavior of helping others without expecting anything in return. Helpfulness can improve people’s social relationships, happiness, health, and quality of life. Helpfulness can be influenced by individual, cultural, and societal factors.

#### NOTE

Helping provides us the opportunity to grow up to be a better person and makes us feel good. Life is indeed more fulfilling if we can touch other people’s lives and make a difference in this world.





- 2** Lena and Maya are sisters and Paul and Robert are old friends. Read the dialogues between them and think about the personalities.

**Lena:** Hey, sis, I was thinking about volunteering at the community center this weekend. They could really use some extra hands for the food drive.

**Maya:** Ugh, volunteering again, Lena? Why do you always want to do that stuff?

**Lena:** Well, Maya, it feels good to give back and help those in need. Plus, it's a great way to connect with our community.

**Maya:** I just don't see the point. I'd rather have a lazy weekend and relax.

**Lena:** I understand that, Maya, but it's about making a difference, even in small ways. You might enjoy it if you give it a try sometime.

**Maya:** Maybe, but for now, I'll stick to my lazy weekends.







**Robert:** You know, Paul, I've been fortunate in life, and I've been thinking about how I can make a difference in the community. I'd like to sponsor a scholarship for underprivileged students to help them get a good education. I believe in the power of education.

**Paul:** That sounds amazing, Robert! Education can truly change lives. But I often struggle to make ends meet for my family.

**Robert:** I get it, Paul. I won't pretend to know what it's like to be in your shoes, but I also want to help you directly. How about I provide some groceries to your family each month?

**Paul:** That would be a tremendous help, Robert. Thank you. But what can I do in return?

**Robert:** No need to repay me, Paul. Just pay it forward when you can help someone else in the future.

**Paul:** I appreciate your generosity and kindness, Robert. It means a lot to my family and me.

**Robert:** Don't mention it, Paul. We're all part of the same community.

**3** Read the dialogue again and analyze the following characters in terms of personality. Then complete the following sentences.

- 1 Lena is .....
- 2 Maya is .....
- 3 Robert is .....
- 4 Paul is .....

**4** What is your opinion? Discuss the following sentences with your group and share your ideas with the class.

- 1 We can improve our social relationships by doing volunteer work at community centers.
- 2 Paying something forward makes me happy and mentally healthy because I feel myself helpful and caring.
- 3 Helping others decreases stress and improves quality of life.





## SHORT STORY



**1 Scan the following story.**

- 1 What is the name of the park where the four kids liked to meet?
- 2 What is the name of the local community center?

**1**

It was a beautiful summer in the peaceful suburb of Orange Grove after a tiring but rewarding academic year. Four close friends named Gary, Kim, Linda, and Danielle were neighbors. They were known for their kind hearts and willingness to help others.

**2**

One sunny morning, they met at the Grove Green Park, their favorite spot where they often spent time together. As they sat on cozy benches, they noticed Mrs. Khan struggling to carry her heavy groceries. Without hesitation, Gary rushed to her aid and offered to carry the bags to her home. Mrs. Khan was grateful and thanked Gary for his kind gesture. Inspired by Gary's kindness, Kim, Linda, and Danielle said they all should make their summer holiday more meaningful by making a positive impact on the people in their community.

**3**

Two days later, Kim noticed a group of young children struggling to clean up their play area. She immediately approached them and offered her help. Together, they cleaned up the area and turned it into a vibrant and safe space for enjoyment. Kim's generous help inspired the children to take care of their environment and help others. Meanwhile, Linda noticed her elderly neighbor Mr. Tim struggling to clean up the wild plants in his beautiful garden. She approached him and asked if she could help. Mr. Tim gratefully accepted Linda's offer, and she spent hours working alongside him, removing the wild plants, airing the soil, planting flowers and trimming bushes. Mr. Tim was so glad, and he said, "Thank you, Linda, for making my day! Thanks so much for making my garden into a source of joy for me and a pleasant sight for the neighbors!" Linda's act of helpfulness encouraged the other neighbors to lend helping hands to one another in beautifying their neighborhood.

**2 Read the first paragraph of the story. What makes the four close friends different?**

**3 Read the second paragraph of the story and answer the following questions.**

- 1 Why do the four kids meet at the Grove Green Park?
- 2 What did they see while sitting in the park?
- 3 How did Gary respond to the problem?
- 4 How would the four kids spend their summer holiday?

**4 Read the third paragraph and fill in the blanks.**

- 1 Kim helped the children to .....
- 2 After cleaning up, the play area became a ..... and ..... place.
- 3 When Linda was passing by, she saw Mr. Tim .....
- 4 Mr. Tim thanked Linda for making his garden into ..... for him and ..... for the neighbors.

**5 Now that you have read the story so far, discuss the following questions with a partner.**

- 1 "Generosity is the habit of giving freely without expecting a return." Do you agree? Please give your opinions.
- 2 "Small acts, when multiplied with millions of people, can transform the world." Which concept does this quotation define?
- 3 If you were in Linda's place, would you spend your time helping to tend a garden? If yes, what else would you plant there? If no, please explain a reason or two.
- 4 Was it worth for Gary to help Mrs. Khan?



**6** Now, read the last three paragraphs of the story and answer the following questions in your notebook.

**4**

Danielle, inspired by her friends' kindhearted efforts, wanted to make her contribution as well. She came up with a plan to organize a charity event at the Orange Grove Community Center. Supported by her friends, Danielle gathered donations of food, clothing, and toys for the underprivileged families in the area. The event was a great success, and the families were overwhelmed with gratitude. Danielle's act of generosity drew the attention of the mayor, and he announced an annual charity campaign for the welfare of the community in collaboration with the local businesspeople.

**5**

As good news spread fast, the OGTV news channel was interested in interviewing Gary, Kim, Linda, and Danielle for their great impact on spreading kindness and helpfulness in and around Orange Grove. The television coverage of the contributions the four kids made brought about a ripple effect and more people joined their mission to make their community a better place. Their efforts brought the residents of the suburb closer together, fostering a sense of unity and compassion. The friends realized that by working together, they could create a positive and harmonious environment where everyone felt cared for and supported.

**6**

As the summer went on, Gary, Kim, Linda, and Danielle were glad to learn that whether they were small or large, all helping and generous efforts had the power to transform not just the lives of individuals but also an entire community. Helping others without any expectation was not only self-fulfilling, but it also inspired many for spreading goodness.

- 1** What caused the mayor to announce an annual charity campaign in Orange Grove?
- 2** What did the efforts of the four kids help for the residents in their suburb?
- 3** What great lesson did Gary, Linda, Kim, and Danielle learn in the summer?
- 4** Where did Danielle and her friends organize the charity event?



**7** What title would you give to the story?



## CONCEPTS

- 1 Group the positive and negative concepts about helpfulness and generosity under each column.

Positive Concepts	Negative Concepts	Benefit	Altruism
		Selfishness	Stinginess
		Ingratitude	Empathy
		Greed	Exploitation
		Kindness	Service
		Goodness	Opportunism

- 2 Match the definitions with the concepts.

helpfulness	generosity	empathy	service	altruism
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- .....: the ability to understand and share the feelings, experiences, and perspectives of others.
- .....: an act of helpfulness and generosity that involves actively engaging in activities or initiatives that benefit others or the community.
- .....: willingly sharing resources, time, talents, or possessions with others, often going beyond what is expected or required.
- .....: the selfless concern for the welfare and happiness of others, even at the expense of one's own interests.
- .....: the willingness and readiness to provide assistance, support, or aid to others in need.

- 3 *"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."* (Margaret Mead) How can people change the world with the principles of helpfulness and generosity? Write five ways of change.

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- 4 Alex, Jill, Gulbanata, and Arshad brainstorm about practical ways to promote helpfulness and generosity in their small community. In groups of two, suggest two more ways. You can use the ideas mentioned below. Do not forget to mention your name in the dialogue.



Alex

One idea could be organizing community events that promote volunteerism. We can create opportunities for residents to come together and participate in activities that benefit local organizations or individuals in need.

I agree, Alex. We can also establish a community outreach program where volunteers visit elderly or disabled residents to provide them company, fetch their groceries, or assist with household chores.



Gulbanata

In addition, we can set up a platform or website where community members can offer their skills or resources to those who need them. It can be anything from tutoring services to lending tools or even offering transportation assistance.



Jill

To address the fear of being taken advantage of; I mean, exploitation, we can emphasize the importance of setting boundaries and ensuring that acts of helpfulness are mutually beneficial. Education and awareness programs could help dismiss misconceptions and build trust.



Arshad





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**Your name**

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**Your name**

.....

**The following are a few ideas to foster your imagination:**

- A “Pay It Forward” campaign
- Working with schools to incorporate lessons on empathy and kindness
- Recognizing and appreciating acts of kindness
- Mobilizing the business community and the civil society with regular campaigns

**5 Develop an action plan based on the ideas in Activity 4 and assign responsibilities to each group member for implementation.**

- Exploring technological solutions and develop a user-friendly platform for community members to offer their resources and skills. (Jill)
- Handling community outreach and promote the platform to encourage participation. (Gulbanata)
- ..... . (Alex)
- ..... . (Arshad)
- ..... . (Your name)
- ..... . (Your name)

- 6** Which of the following are generous acts in material and spirit? If generous, place a check ✓ next to the act. If no, place an X.

<input type="checkbox"/>	Contributing financial resources to support causes one believes in.
<input type="checkbox"/>	Failing to understand or share the emotions and experiences of others.
<input type="checkbox"/>	Prioritizing personal gain over the welfare of others.
<input type="checkbox"/>	Teaching skills to those who are eager to learn.
<input type="checkbox"/>	Exploiting labor, resources, or relationships for greed.
<input type="checkbox"/>	Forgiving others when they make mistakes.
<input type="checkbox"/>	Manipulating emotions, conditions, or relationships to achieve selfish objectives.
<input type="checkbox"/>	Sharing extra food with neighbors or food banks.
<input type="checkbox"/>	Not acknowledging or giving credit to others for their contributions or ideas.
<input type="checkbox"/>	Acts of aggression, discrimination, or cruelty towards individuals or groups.
<input type="checkbox"/>	Providing directions to someone who is lost.

- 7** Think about an incident after which you felt grateful for one's generosity and help. Write a few lines summarizing that experience.

- 8** Find the positive and negative concepts about helpfulness and generosity in the following word search.

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## POWERFUL WORDS

“  
**GROUP  
WORK**  
”

- 1** Form groups of three and choose one of the quotes below. Discuss the quote among you. Choose a representative and explain what you understand in the class.

“A life not lived for others is not a life.”  
– Mother Teresa

“The best way to help others is to show them that you care.”  
– Princess Diana

“Generosity is giving more than you can, and pride is taking less than you need.”  
– Kahlil Gibran

“There can be no greater gift than that of giving one’s time and energy to helping others without expecting anything in return.”  
– Nelson Mandela

“You have not lived today until you have done something for someone who can never repay you.”  
– John Bunyan

“The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well.”  
– Ralph Waldo Emerson

- 2** In terms of the quotes above, check the ones you think are appropriate.

- 1 Do something good for me, I’ll do something good for you.
- 2 The purpose of life is to be helpful.
- 3 The best people are useful people.
- 4 Live for yourself not for others.
- 5 If you are useful, you feel happy.
- 6 “Pay it forward” is a good behavior.
- 7 Don’t share things with the stingy people.

- 3** Think about a famous person who has made an impact. Research online and find some of their quotes about helpfulness and generosity. Write and share the quotes with your classmates.

## REFLECTIONS

- 1** **Survey: Do you ever wonder where you are on the spectrum of generous to stingy? Take this simple quiz to find out! Then read the text corresponding to your options.**

### Question 1:

You inherited a large amount of money from one of your relatives. What do you do?

- A** I keep secret and don't share with anybody else.
- B** I make donations to charities without telling anyone.
- C** I share the amount with my family and friends.

### Question 2:

Your classmates collect money for one of the students you only half-know. What do you do?

- A** I give nothing to a person I haven't spoken.
- B** I give a little just to say I participated.
- C** I ask my friend the amount of the contribution he/she makes.

### Question 3:

You lent some money to a friend but he/she hasn't repayed for a long time. What do you do?

- A** I warn him or her to pay back with interest.
- B** I wait for him or her to solve his or her financial situation.
- C** I forget about the debt hoping that the day I need it, he or she helps me.

### Question 4:

When you are invited to a party, you bring them a gift. After some time, you invite him/her to the party but he attends empty-handed. What do you do?

- A** I think I won't go to any activity he/she invites.
- B** I welcome him or her with pleasure because his/her attendance is a gift for me.
- C** I bring another gift next time he/she invites me.

### Question 5:

A friend lends you his/her pet to enjoy with your family on weekend. What do you do?

- A** I thank him or her for sharing his/her pet with me and my family.
- B** I offer him/her a drink to compensate.
- C** I bring a gift when returning the pet.

### Question 6:

A friend from the other class stops you in the corridor to sell raffle tickets. What do you do?

- A** I pretend not to have any money on me.
- B** I buy a ticket to please him/her.
- C** I buy all the tickets in his/her hand and help him/her to finish all the tickets.

### Question 7:

You have totally forgotten your best friend's birthday. What do you do?

- A** I promise him/her not to forget his/her birthday again.
- B** I invite him/her to the fair to have a good time together for an excuse.
- C** I organize a surprise birthday party for him/her next year.

### Question 8:

What do religious holidays or festivals mean to you? They mean ...

- A** the gifts I receive.
- B** the traditional gifts.
- C** the gifts to please other people.

### Question 9:

When you choose a gift, what do you think? I think ...

- A** the price: It must be pocket-friendly.
- B** the product: It must be trendy.
- C** the person: It must correspond to his/her tastes.

### Question 10:

You are offered to join a volunteer work for a community help center? What do you do?

- A** I don't accept the work if I am not sure of the honesty of the charity.
- B** I accept it for the last time for the rest of the year to get rid of the feeling of the guilt.
- C** I voluntarily accept the offer because I think it as an opportunity.



**Mostly A's:** Being helpful and generous means feeling happiness! Learn to be more open and let yourself go. Enjoy the pleasure of giving pleasure to others. Because generosity is a quality but selfishness is a fault!

**Mostly B's:** You are generous in a fair way. You have a sense of helping others. Your reason precedes your feelings. In short, you are a thoughtful person who acts with reason.

**Mostly C's:** Always ready to help your friends, your family, strangers, your generosity is limitless! You enjoy making your entourage happy. You should be aware of the profiteers around you! Learn to help when it seems really necessary or when it concerns you in priority!

## 2 Are you ready for a helpfulness and generosity quiz. Do the quiz and check your answers.

### Helpfulness and Generosity Quiz:

- What does it mean to be generous?
  - Giving without expecting anything in return
  - Giving with the expectation of receiving something in return
  - Giving only to close family and friends
  - Giving only money
- Which of the following is an example of a random act of kindness?
  - Helping a friend move to a new apartment
  - Donating to a local charity
  - Holding the door open for a stranger
  - Giving a birthday gift to a family member
- What is the term for the willingness to help others in need?
  - Selfishness
  - Greediness
  - Altruism
  - Apathy
- Which of the following is not a way to show helpfulness and generosity?
  - Sharing your time with someone in need
  - Offering words of encouragement
  - Ignoring those who need help
  - Volunteering for a community service project
- When you practice empathy, what are you doing?
  - Ignoring others' feelings
  - Understanding and sharing the feelings of others
  - Pretending to care
  - Keeping your emotions to yourself
- What is the "pay it forward" concept?
  - Only helping people if they help you first
  - Helping someone and expecting immediate repayment
  - Doing something kind for others with the hope that they will do something kind for someone else
  - Avoiding helping others
- Which of the following is an example of being helpful and generous in the school?
  - Taking credit for your friend's idea
  - Offering to assist a classmate with a challenging task
  - Gossiping about your friends
  - Avoiding collaboration with your group
- Which of the following is a way to practice generosity in your daily life?
  - Avoiding helping strangers
  - Only giving when asked
  - Looking for the opportunities to help others proactively
  - Ignoring your friend's needs
- Which of the following is NOT a benefit of being generous and helpful?
  - Improving mental health
  - Enhancing personal reputation
  - Feeling happiness
  - Increasing isolation from others
- Which of the following quotes best represents the idea of generosity?
  - "It's every man for himself."
  - "The best way to find yourself is to lose yourself in the service of others."
  - "Never give without expecting something in return."
  - "Generosity is for fools."

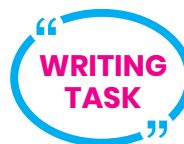
- 3** Helpfulness can be demonstrated through various behaviors. Here are some behaviors that represent helpfulness: Match the following items that represent helpfulness, checking with yourself along the way to see if you exhibit those behaviors.

Teaching and Mentoring	Volunteering	Respecting Boundaries	Providing Information	Offering Assistance
Donating	Active Listening	Empathy	Encouragement	Being Supportive
Problem Solving	Being Patient	Acts of Kindness	Solving Conflicts	Giving Feedback

	Do you ....	Yes/No	Behavior
1	volunteer to help someone in need without being asked?		
2	pay close attention to someone when they need to talk?		
3	share knowledge or information to help someone solve problems?		
4	perform random acts of kindness, such as holding the door open for others, complimenting someone, or helping a stranger in distress?		
5	stand by a friend or loved one during challenging times?		
6	share your expertise with others?		
7	donate items to organizations or individuals who can benefit from them?		
8	offer your time and skills to nonprofit organizations, community projects, or charitable events?		
9	collaborate with others to find solutions to problems or challenges they are facing?		
10	understand the feelings and perspectives of others, even if you can't directly solve their problems?		
11	take the time to assist someone who may need extra help?		
12	respect others' autonomy and not impose help when it's not wanted or needed?		
13	provide positive reinforcement and encouragement to motivate others to achieve their goals?		
14	offer constructive feedback and advice in a supportive and non-judgmental manner?		
15	mediate or help to resolve conflicts between individuals or groups?		

- 4** Answer the following questions and write a paragraph on helpfulness. The paragraph should reflect your thoughts and feelings.

- What does the definition of helpfulness mean to you?
- What are the personal benefits of being helpful for you?
- What are the benefits of being helpful for others in your opinion?
- What are the conditions that need to be met for being helpful?
- What are the factors that prevent or hinder being helpful?
- What criteria would you use to measure helpfulness?
- What can be done to increase helpfulness?



#### NOTE

Helpfulness is not limited to these behaviors, as it can manifest in countless ways. Ultimately, it involves a genuine willingness to make a positive difference in someone else's life, whether through small acts of kindness or more significant contributions.

## FURTHER READING

**1** Read the following text and answer the comprehension questions below. Pay special attention to the words in bold. Take note of their meaning.

- 1 What were Almsgiving Stones used for?
- 2 In which country and for how long did this practice continue?

One of the most beautiful examples of social solidarity and support is the “Sadakataşları” (**Almsgiving Stones**), known as an ancient system of aid that allows people to receive help without compromising their dignity. One of the most distinctive features of “Almsgiving Stones” compared to other assistance systems is that it was established not just along the lines of rich and poor but also among individuals of the same social status within a neighborhood. In this regard, “Almsgiving Stones” served as a means of assistance among people who were closer to each other, within the context of neighborly relationships, unlike **charitable organizations** such as foundations and soup kitchens.

Four or five centuries in Turkey, both cash and in-kind assistance were provided through the widespread use of “Almsgiving Stones.” In **cash support**, money would be left on the “Almsgiving Stones,” while **in-kind assistance** included clothing, food, and various other items. The poor and needy individuals would take only what they needed from the accumulated donations in the “Almsgiving Stones” and would also make an effort to leave something for other needy individuals. These donations were typically made in the darkness of the night or at a time when no one was around by placing the offerings in a hollow at the top of the stone. Those who were in need but hesitant to beg for help would come to the stone late at night and obtain the amount they needed.







**Caffè sospeso** (suspended coffee) is a charitable tradition in Italy. When someone experiences a favorable thing in their life, they go to a café and order two cups, leaving the second to be served to a poor person.

The Almsgiving Stones, with their emphasis on preserving the dignity of those seeking help and promoting community support, exemplify the spirit of solidarity and assistance that transcends socio-economic boundaries. This historical practice continues to inspire us today, highlighting the importance of helping one another while upholding the dignity of the less fortunate.

In today's world, aid organizations provide various forms of assistance to those in need, including financial support as well as food, clothing, shelter, healthcare services, and educational assistance. These organizations not only aim to provide economic aid but also prioritize preserving the dignity and respecting the privacy of those they assist. As a result, individuals receiving aid do not experience shame or humiliation. Contemporary aid organizations operate not only on a local but also on an international scale, making individuals part of a global culture of mutual assistance and solidarity. These organizations promote social justice, strengthen social assistance networks, and deliver aid to those in need worldwide. In this context, everyone has the opportunity to contribute to such aid organizations, either in their own country or globally. The crucial mission of these organizations emphasizes the importance of social solidarity and mutual assistance in our modern society. It is our responsibility to support these organizations and be a part of the culture of giving, both locally and globally, as we work to build a better future for our communities and extend a helping hand to those in need around the world.

- 2 Do you know any other social solidarity examples locally, globally, or online? Make a list and explain one of them. Prepare a poster and present it in the class.**



- 3 Critical thinking questions: Choose one of the questions below and answer it in a few sentences in your notebook.**

- 1** How do almsgiving stones exemplify the principles of preserving human dignity while providing assistance, and how can this concept be applied to modern philanthropic efforts (charity efforts and aid organizations)?
- 2** In what ways have contemporary aid organizations adapted the almsgiving stone tradition to foster a sense of solidarity and mutual assistance in today's diverse and globalized societies?
- 3** What lessons can we get from the historical practice of almsgiving stones and how can these insights be adapted to address the evolving needs of our modern communities?
- 4** Do the almsgiving stones tradition and its focus on local, neighborly assistance still hold relevance in a world increasingly interconnected through digital networks and global aid organizations?
- 5** To what extent can almsgiving stones be seen as a tool for breaking down social class divisions and promoting inclusivity and egalitarianism within society?
- 6** Considering the evolving nature of social assistance, what innovative methods can we employ to encourage empathy and collective responsibility within our communities?