

WHO BENEFITS FROM ACTS OF KINDNESS

(English “Bagrut” Exam, Module C, Summer 2019)

Paragraph Four

Therefore¹, the conclusion² of the study was that people who only watch acts of kindness feel just as good as³ people who actually do them. Next, these researchers want to study if people can also⁴ benefit from doing nice things for themselves⁵.

1. According to the text, what did the researchers learn from this study?
 - a. People who do volunteer work have fewer health problems.
 - b. Helping others makes us happier than spending money on ourselves⁶.
 - c. People who are kind to themselves are happy.
 - d. Watching acts of kindness makes us feel as good as doing them.

¹ לכן - Therefore

² מסקנה - conclusion

³ טוב באותה המידה – just as good as

⁴ גם, בנוסף, – also

⁵ עבור עצמם – for themselves

⁶ עצמינו - ourselves

