

## WHO BENEFITS FROM ACTS OF KINDNESS

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

### Paragraph One

Many people believe<sup>1</sup> that helping others is good for our health<sup>2</sup>. Research<sup>3</sup> shows that this is true. For example, some studies<sup>4</sup> have found that people who spend money on others have fewer<sup>5</sup> heart problems. Other research shows that people who do volunteer work<sup>6</sup> feel happier. But can we also benefit<sup>7</sup> from watching other do an act of kindness<sup>8</sup>? Research that was published recently studied this question.

1. What do we learn in paragraph 1?
  - a. Where people can volunteer.
  - b. What can make people’s lives happier.
  - c. How much money people spend on others.
  - d. How often<sup>9</sup> people do acts of kindness.

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<sup>1</sup> מאמינים – believe

<sup>2</sup> בריאות – health

<sup>3</sup> מחקר – research

<sup>4</sup> מחקרים - studies

<sup>5</sup> פחות – fewer

<sup>6</sup> עוסקים בהתנדבות – volunteer work

<sup>7</sup> תועלת, רווח – benefit

<sup>8</sup> מעשה של טוב לב – an act of kindness

<sup>9</sup> כל כמה זמן – How often

