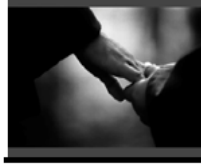


SAMPLE TASK

Read the text about a Random Acts of Kindness Festival. Match the missing extracts (1 – 7) to the appropriate gap in the text (A – I) There is **one extra** extract. There is an example (0) at the beginning.

Random acts of kindness



You don't need us to tell you that there's a lot of negativity about these days. We've a good few sporting highlights over the summer but as (0 - C) ***well as that some people*** are doing what they can to counteract the doom and gloom.

This weekend in Clonakilty, they're hosting the first ever Random Acts of Kindness Festival. They say on their website "We believe that this positivity and kindness (1) _____ the locality creating a special atmosphere."

Why the effort?

What's the deal with doing random acts of kindness anyway? Why would you put effort into something, and not expect anything back? Well, research has shown that doing nice things for other people is (2) _____ and happiness. They can even be the little things like a hug. It's all about the little things.

Live longer and healthier

People who are kind to others tend to live longer lives. In addition, they're less likely to get sick or have aches and pains. Some research has shown that the benefits of happiness from (3) _____ improve your quality of life than exercising and can be just as beneficial as quitting smoking!

Feel good!

You know that good feeling you get after helping someone out? There's actually a term for that – "helper's high." When we experience a helper's high, our brain releases dopamine, one of those "feel good chemicals" in the brain. When our brains release dopamine, we are more likely (4) _____ more relaxed.

Lower stress and depression

The knock-on effect of helper's high then helps you feel less stressed and anxious. Helping others also significantly reduces symptoms of depression, especially in young people. In one study, young people who volunteered (5) _____ helping others were three times happier than young people who volunteered for other reasons.

Meeting new people

Random acts of kindness and volunteering helps bring people together. It's a great way to meet (6) _____. You never know who you'll meet.

Get started

So, if volunteering and helping others makes you so happy, you live longer, healthier, and it reduces anxiety and depression why not start paying it forward? The best part about helping others? It's free! It only costs you a smile and as they say in Clonakilty, the (7) _____ spread.

Extracts

Answers

Example: 0 ___ C ___

A. actually good for your mental health

B. ...for the sole purpose of

1 _____

C. ... well as that some people

2 _____

D. ...will multiply and spread throughout

3 _____

E. ...positivity can multiply and

4 _____

F. ... doing odd jobs to

5 _____

G. ...to think positively and feel

6 _____

H. ...volunteering is more likely to

7 _____

I. ...new like-minded people

KEY

RANDOM ACTS OF KINDNESS

<u>Extracts</u>	<u>Answers</u>
A. ... actually good for your mental health	<i>Example:</i> 0 __C__
B. ...for the sole purpose of	1 __D__
C. ... well as that some people	2 __A__
D. ...will multiply and spread throughout	3 __H__
E. ...positivity can multiply and	4 __G__
F. ... doing odd jobs to	5 __B__
G. ...to think positively and feel	6 __I__
H. ...volunteering is more likely to	7 __E__
I. ...new like-minded people	