

**ENGLISH  
SERVIZIO SOCIALE**  
207SF



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207SF ENGLISH FOR SOCIAL WORK

## LESSON 1: ***SPREADING KINDNESS***



FIRST, LET'S SEE WHERE WE ARE. TAKE A PLACEMENT TEST <https://www.cambridgeenglish.org/test-your-english/general-english/>

TAKE A SCREENSHOT AT THE END.

THIS COURSE IS NOT AN ENGLISH CLASS. IT IS A COURSE THAT FOCUSES ON ENGLISH FOR SOCIAL WORK.

IN THIS COURSE WE WILL BE INTERACTIVE AND FOCUS ON SPEAKING. WE WILL ALSO LEARN SOME GRAMMAR AND WORK ON WRITING SKILLS. MOSTLY WE WILL WORK ON SKILLS THAT PROMOTE FLUENCY.

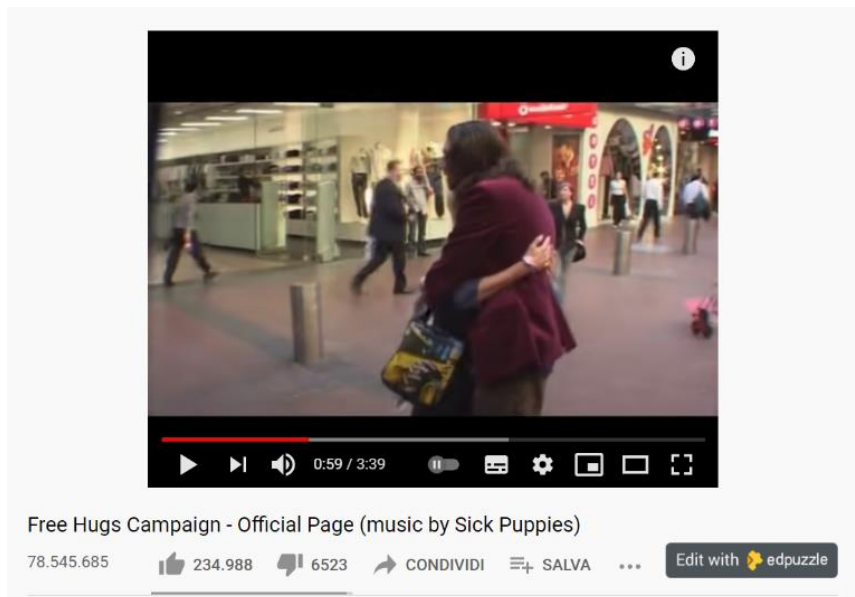
## THINGS YOU CAN DO TO PROMOTE FLUENCY.

1. PUT YOUR PHONE IN ENGLISH
2. LISTEN TO NPR.ORG (HOURLY NEWS)
3. FREE WRITE IN ENGLISH (IN YOUR JOURNAL)
4. SPEAK ENGLISH WITH FRIENDS
5. WATCH VIDEOS IN ENGLISH WITH ENGLISH (OR ITALIAN) SUBTITLES
6. SING IN ENGLISH
7. MAKE ENGLISH YOUR LIFESTYLE

## WATCH THIS!

### Free Hugs Campaign

[https://www.youtube.com/watch?v=vr3x\\_RRjdd4](https://www.youtube.com/watch?v=vr3x_RRjdd4)



## WHAT HAPPENED IN THE VIDEO?

**Hint:**

A MAN WENT OUT WITH A SIGN THAT SAID: FREE HUGS. AT FIRST, PEOPLE LOOKED AT HIM IN A STRANGE WAY. THEY WALKED PAST HIM. THEY TOOK PHOTOS OF HIM. THEY DID NOT HUG HIM. THEN, AN OLD WOMAN GAVE HIM A HUG. THEN OTHER PEOPLE STARTED TO GIVE HIM HUGS. THEN, THE MAN GAVE THE SIGN TO OTHER PEOPLE AND THEY OFFERED FREE HUGS, TOO.

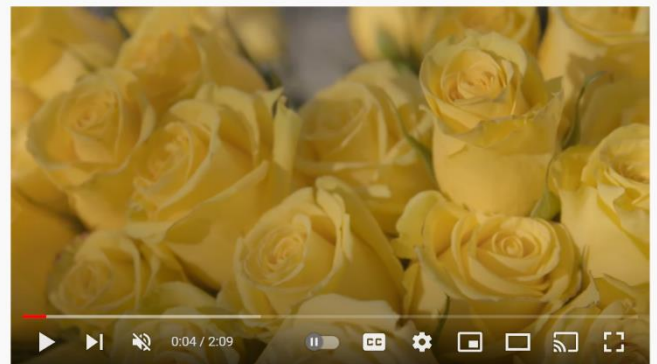
THERE WERE MANY TYPES/KINDS OF HUGS: LONG HUGS, SHORT HUGS, JUMPING HUGS, GROUP HUGS, CAR HUGS, AND SELFIE HUGS. THEN THE POLICE CAME AND THEY BANNED (PROHIBITED) FREE HUGS (ISN'T THAT CRAZY?). THEY CREATED A PETITION TO PROTEST THE BAN ON HUGS. THEY MANAGED TO GATHER 10,000 SIGNATURES AND THEY WERE ON T.V. THEN THEY WERE ALLOWED TO HUG AGAIN! ALL KINDS OF PEOPLE HUGGED. THERE WERE CHILDREN, ADULTS, SENIOR CITIZENS, AND PEOPLE OF ALL COLORS AND ETHNICITIES. EVERYBODY LIKES HUGS.

THE END.

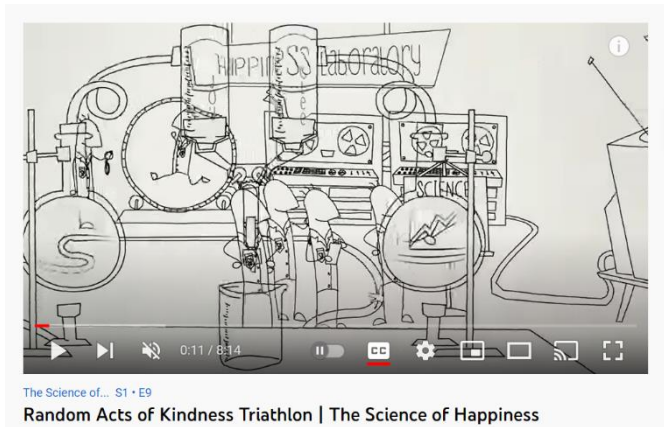
## Social Experiments in Kindness



YOU'RE BEAUTIFUL - SOCIAL EXPERIMENT



Random Acts of Kindness - Social Experiment



## The Science of Kindness





How one act of kindness a day can change your life | Mark Kelly | TEDxTallaght

## Examples

### of Random Acts of Kindness

Many of us want to try random acts of kindness but were just not sure how. What exactly is a random act of kindness anyway? To get you a sense of what we're talking about, here are a few examples:

- Giving compliments
- Giving gifts
- Saying kind words
- Showing gratitude
- Doing an act of service for someone else
- Being respectful
- Noticing good things that others do
- Giving your time to someone else

<https://www.berkeleywellbeing.com/random-acts-of-kindness.html>

# The art of kindness

Kindness is more than behavior. The art of kindness means harboring a spirit of helpfulness, as well as being generous and considerate, and doing so without expecting anything in return. Kindness is a quality of being. The act of giving kindness often is simple, free, positive and healthy.



## *Good for the body*

Kindness has been shown to increase self-esteem, empathy and compassion, and improve mood. It can decrease blood pressure and cortisol, a stress hormone, which directly impacts stress levels. People who give of themselves in a balanced way also tend to be healthier and live longer. Kindness can increase your sense of connectivity with others, which can directly impact loneliness, improve low mood and enhance relationships in general. It also can be contagious. Looking for ways to show kindness can give you a focus activity, especially if you tend to be anxious or stressed in some social situations.

## *Good for the mind*

Physiologically, kindness can positively change your brain. Being kind boosts serotonin and dopamine, which are neurotransmitters in the brain that give you feelings of satisfaction and well-being, and cause the pleasure/reward centers in your brain to light up. Endorphins, which are your body's natural pain killer, also can be released.

## *Be kind to yourself*

It is not just how you treat other people — it is how you extend those same behaviors and intentions to yourself as well. I believe you can be kinder in your own self-talk and practice gratitude. People are good at verbally beating themselves up, and rarely does that work as a pep talk. Rather, negativity often causes you to unravel and may even create a vicious cycle of regularly getting down on yourself. You wouldn't talk to your neighbor the way you sometimes talk to yourself. This is what I call the "good neighbor policy," which can be helpful. If you would not say it to your good neighbor, do not say it about yourself.

## *Take action*

Simply asking "How am I going to practice kindness today?" can be helpful. For a homework assignment, I have invited some clients to pay attention and periodically document during the day their evidence of kindness to others and especially to themselves. This positive focus is like planting positive seeds in your mind garden. Where focus goes, energy flows.

I recently was talking about kindness to a young client who asked if I wanted them to get on the ark. I asked what that meant. The client said, "Acts of random kindness." That was a great response from a young person. How about you? Are you willing to get on the ark?

Consider joining Mayo Clinic Health System's Kickstart Kindness program to start your kindness journey. The program offers many ideas of how to extend kindness.

Finally, I'd like to leave you with this quote: "Be kind whenever possible. It is always possible." —Dalai Lama

*Steve Siegle is a licensed professional counselor in Behavioral Health in Menomonie, Wisconsin.*

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/the-art-of-kindness#:~:text=Good%20for%20the%20body,be%20healthier%20and%20live%20longer.>

## In His Words: Dr. Martin Luther King on acceptance and kindness:

*"Life's most persistent and urgent question is, 'What are you doing for others?'"*

*"Those who are not looking for happiness are the most likely to find it, because those who are searching forget that the surest way to be happy is to seek happiness for others."*

*"We may have all come on different ships, but we're in the same boat now."*

*"If you are seeking the highest good, I think you can find it through love."*

*"Our lives begin to end the day we become silent about things that matter."*

*"I have decided to stick with love. Hate is too great a burden to bear."*

*"Love is the only force capable of transforming an enemy into a friend."*

*"The time is always right to do what is right."*

*"Faith is taking the first step even when you don't see the whole staircase."*

*"If I cannot do great things, I can do small things in a great way."*

*"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."*

*"Not everybody can be famous but everybody can be great because greatness is determined by service... You only need a heart full of grace and a soul generated by love."*

*"Peace is not merely a distant goal that we seek, but a means by which we arrive at that goal."*

*"That old law about 'an eye for an eye' leaves everybody blind. The time is always right to do the right thing."*

*"So even though we face difficulties of today and tomorrow, I still have a dream."*

