I read a post by a Quebec teacher this morning about his internal and personal thoughts on having children return to classes, nothing outrageous, and frankly the comments by people who don't even know him were really just callous and unnecessary.  
We are still in the midst of this unprecedented wave of a virus on a rampage....so **be kind.** To all of us who are trying to get through this as best we can:  
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*"As governments are trying to figure out how to ease back into a new normal, please remember:*🛑 Some people don’t agree with the schools re-  
opening.... **that’s okay. Be kind.**🏡 Some people are still planning to stay home.... **that’s okay. Be kind.**🦠 Some are still scared of getting the virus and a second wave happening....**that’s okay. Be kind.**  
💰 Some are sighing with relief to go back to work knowing they may not lose their business or their homes....**that’s okay. Be kind.**👩🏾‍⚕️Some are thankful they can finally have a surgery they have put off....**that’s okay. Be kind.**📝 Some will be able to attend interviews after weeks without a job....**that’s okay. Be kind.**😷 Some will wear masks for weeks....**that’s okay. Be kind**.  
💅🏻 Some people will rush out to get their hair or nails done.... **that’s okay. Be kind.**❤️ The point is, everyone has different viewpoints/feelings and **that’s okay. Be kind.**We each have a different story. If you need to stay home, stay home. But **be kind**.  
If you need to go out, just respect others when in public and be kind!  
Don’t judge fellow humans because you’re not in their story. We all are in different mental states than we were months ago. So remember, **be kind**.  
Please share this reminder for kindness. ❤"

A **Answer the following questions**

1 Why might the teacher have received some callous and unnecessary comments by people just by expressing his opinion on having children return to school? Can you think of any reasons why?

2 Why do you think the phrase ***that’s okay. Be kind*** is repeated?

A maybe because the whole covid\_19 is no big deal so there is no need to worry

B the writer wants to emphasize the importance of kindness in demanding times like these

C maybe the writer is afraid that people will be overwhelmed by a panic attack so we need to maintain our “cool”

3 What is the bottom line after this change that we are all undergoing in our lives?

4 How can this virus pandemic affect people’s kindness to each other and lead them to make cruel judgments against their fellow beings?

B Fill in the gaps with a word from below

**mental unprecedented rampage callous sigh**

1 Ignoring that old lady in need of help was very ………………………..

2 There were a lot of complaints about the TV drama which contained ……………………..scenes of violence.

3 The boss’s …………………………… left everybody in the office feeling shaken.

4 Linda’s father’s ……………….told her how disappointed he was when he saw her marks on her report card.

5 Andy did a quick ……………… calculation.

C  **Finally……..**

* If you were a volunteer of the Red Cross what can you do to help the neighbours in your community ?
* If you were among those who have to self-isolate what are the things you need to do to keep your spirits high and your mental and physical state healthy?

Αρχή φόρμας