# Scenarios

1. *Nancy worries about her health all the time. She had lost her brother after he was diagnosed with cancer. She makes sure that she eats at least 5 fruits or vegetables each day. She is constantly surfing the web to make sure that she knows what people are saying, are the best fruits and vegetables to eat, to make sure that she does not get cancer. On one occasion she read a blog that a person suffering from cancer ate loads of carrots and fully recovered. For the next month she ate only carrots. Then she read a different blog that kale is very good at preventing cancer. She then ate plenty of kale only until the next blog…….*

*Why is Nancy so worried about her health?*

*What actions is she taking to stay healthy?*

*What is she hoping to achieve through her actions?*

*How are her actions linked to the purpose she is trying to achieve?*

1. *Gemma saw Sim running in the park and was surprised because Sim does not like running. Gem asked Sim what would make her go running every morning. Sim replied that she had recently gone on a cruise to the Caribbean. She loved the food on board the cruise ship. Even though she had been very careful, she still managed to put on four pounds. Sim explained to Gemma that she had taken up running in the hope that she will lose the four pounds soon and get back to her healthy weight.*

*Why has Sim taken up running?*

*What actions is she taking to stay healthy?*

*What is she hoping to achieve through her actions?*

*How are her actions linked to the purpose she is trying to achieve?*

1. *Tanvir was walking down the road heading for school at 8.15 am as he does every day. He is in year 11 and is beginning to worry about his GCSE exams. He had his headphones on and was listening to his own voice. He had recorded the detailed description of how the human circulation system works. He finds it easier to learn facts by repeatedly listening to the facts. So he is experimenting with this new way of learning and had given a copy to his friend to try out as well. On the way he removes fruit peels from the path. He gets on the bus. Takes up the last seat available on the bus. At the next stop a young woman with a baby gets on to the bus. Tanvir immediately stands up and offers her his seat with a smile. The young woman looks at him suspiciously instead of thanking him. Tanvir simply moves away towards the back of the bus and continues to stand. He was thinking in his heart, ‘it does not matter if the young lady with the baby sits on my seat or not. The important thing is that I have given her the choice to sit.’*

*What did Tanvir do on his journey to school?*

*Did he do anything that you might think was good?*

*What dispositions did Tanvir show in carrying out these ‘acts of kindness’?*

1. *Abdul had made a chicken curry and was really happy with the results. He couldn’t wait for his wife and children to come home and taste his chicken curry. He had never cooked before and having tasted his own chicken curry had come to the conclusion that he had done a good job. His wife Sima, daughter Amina and son Amin hurried back home to taste Abdul’s chicken curry. All four sat on the table. Sima had taken out another deep plate from the kitchen cupboard and poured some chicken curry into it. She also wrapped some nans. She then told her husband and children that she needs to pop next door to visit their neighbor Karen because she had not been very well. Sima told her husband that she knows Karen loves chicken curry and nans so she will take some with her. Abdul, Amina and Amin were happy that will be sharing their food with their neighbor Karen. All three waited patiently for Sima to return so that can eat together.*

*What did Sima do before she sat down to eat her with her family?*

*How did Abdul, Amina and Amin reacted to Sima making them wait?*

*What dispositions did Sima, Abdul, Amina and Amin show in carrying out these ‘acts of kindness’?*