

Research Activity 1

Helping

Try to remember five situations in which you helped. How did you feel after your help?

This exercise demonstrates that people feel good about themselves after having helped someone (SP p. 529).

Research Activity 2

Imitation and helping

Set up a situation in which you interact with a person. Just talk with this person about a topic, but try not to imitate him or her. Then, drop some pencils and register the other person's reaction. Does he or she help you? And how fast? If he or she helped you, how many pencils did he or she pick up? Now repeat this interaction situation with another person, but this time try to imitate him or her.

Again, drop some pencils and register the reaction of your interaction partner.

Answer the same questions as you did for the other person. Do you see any differences in the amount of help that was given by your interaction partners? Did imitating your interaction partner promote helping behavior?

This exercise demonstrates that mimicry leads to increased helping (SP p. 480).

Research Activity 3

An analysis of helping behavior

In the text you have learned about a number of factors that influence whether or not people behave in prosocial and even heroic ways. Click on the link below and read about four or five heroes at the Heroic Stories Website. What makes these people heroes? Did similar factors motivate these individuals to behave in prosocial ways? If you were in that situation, would you have behaved in a similar way? Why or why not?

<http://heroicstories.org/>

Research Activity 4

Do a random act of kindness for someone else

What happens when you do a random act of kindness for someone else? Use the website below as an inspiration for ways you can brighten other people's day. After each random act of kindness, answer the following questions:

- How did the recipient respond to your random act of kindness?
- How did showing someone a random act of kindness make you feel?
- After engaging in this behavior, do you feel inclined to continue acting prosocially?

Visit the Random Acts of Kindness website for a list of wonderful ideas:

www.randomactsofkindness.org/kindness-ideas