

A. a/an

B. the

8. Many organisations try to encourage people to do kind acts, wherever and whenever they can. ____ idea behind this is that it doesn't take any major plan to be kind, just a little bit of effort.

A. a/an

B. the

9. Apart from using your own common sense, the RAK website suggests some more imaginative ways to show kindness. Generally, these fall into three categories. ____ first is interpersonal kindness.

A. a/an

B. the

10. Some examples are donating old clothes to charity or writing ____ positive online comment about a restaurant that you like.

A. a/an

B. the

11. The second is environmental kindness, which could mean simply recycling or organising ____ group event to clean a local park or beach.

A. a/an

B. the

12. The third category is less obvious: personal kindness, which means treating yourself kindly. Some examples are taking ____ walk in nature or setting yourself an objective to complain less.

A. a/an

B. the

13. ____ logic is that by being kind to yourself, you will automatically be kinder to the world around you.

A. a/an

B. the

14. This is an annual celebration which takes place on 13 November each year. ____ day is marked in many countries, drawing attention to the amazing work of organisations and individuals in local communities.

A. a/an

B. the