Articles

Kindness

1. World Kindness Day is celebrated on 13 November. How can we become happier by doing kind things for others? And how can we help the world by doing kind things for

Exercise 8

Choose the correct answer of the available possible options.

	ourselves? Can you remember a time when somebody was kind to you? Perhaps	
	stranger or a friend helped you in kindness.	a much deeper way. There are a million ways to offer
	A. a/an	B. the
2.	And at a time when world s	eems to have so many problems,
	A. a/an	B. the
3.	some people have started to take	issue of kindness very seriously indeed!
	A. a/an	B. the
4.	Few people would disagree with	the idea that kind action is good for the soul.
	A. a/an	B. the
5.	It is a win-win situation, leading kind gesture, as well as for	to a sense of well-being both for the receiver of this person who does the action.
	A. a/an	B. the
6.	As a simple example, let's imagine you have workmate who always does a very good job.	
	A. a/an	B. the
7.	How about taking moment to mention this to them, just in conversation or perhaps by email? The effects of this will probably be quite clear: your workmate will be happy to receive some praise and, in addition, you will probably feel good about yourself for having spread a little joy.	

	A. a/an	B. the	
8.	3. Many organisations try to encourage people to do kind acts, wherever and when they can idea behind this is that it doesn't take any major plan to be kind, j 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 comment about a restaurant that y	clothes to charity or writing positive online ou 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.		s: personal kindness, which means treating yourself walk in nature or setting yourself an objective to	
	A. a/an	B. the	
13 logic is that by being kind to yourself, world around you.		to yourself, you will automatically be kinder to the	
	A. a/an	B. the	
14.		ch takes place on 13 November each year day wing attention to the amazing work of organisations ies.	
	A. a/an	B. the	