

Articles

Kindness

Exercise 8

Choose the correct answer of the available possible options.

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 ourselves? Can you remember a time when somebody was kind to you? Perhaps _____ stranger or a friend helped you in a much deeper way. There are a million ways to offer kindness.

A. a/an

B. the

Explanation: New information/referent, HK-

2. And at a time when _____ world seems to have so many problems,

A. a/an

B. the

Explanation: Only one world = everybody knows about it (known to the hearer HK+)

3. some people have started to take _____ issue of kindness very seriously indeed!

A. a/an

B. the

Explanation: identifiable via "of kindness" = HK+

4. Few people would disagree with the idea that _____ kind action is good for the soul.

A. a/an

B. the

Explanation: New information, HK-

5. It is a win-win situation, leading to a sense of well-being both for the receiver of this kind gesture, as well as for ____ person who does the action.

A. a/an **B. the**

Explanation: identifiable via "who does the action", HK+

6. As a simple example, let's imagine you have ____ workmate who always does a very good job.

A. a/an B. the

Explanation: New information/referent, HK-

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

Explanation: New information, HK-

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**

Explanation: idea = "is that it doesn't take..." = identifiable = HK+

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**

Explanation: first = HK+

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

Explanation: New information, HK- (member of a category)

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

Explanation: New information, HK- (member of a category)

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

Explanation: New information, HK- (member of a category)

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

A. a/an

B. the

Explanation: logic = "is that by being kind to yourself..." = identifiable = HK+

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

Explanation: day = 13 November = HK+
