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Listen to these sentences from the presentation and circle the correct word.

- 1 We must ask **ourself** / **ourselves** what we can do ...
- 2 ... to help other people who cannot help **themselves** / **themselves**.
- 3 Ask **yourself** / **yourselves** if there is anything you can do to help them.
- 4 Don't ignore the larger world — educate **yourself** / **yourselves** about it.