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**Level 1** – 23rd July, 2021

## Woodland gives city kids better mental health

**FREE** online quizzes, mp3 listening and more for this lesson here:

<https://breakingnewsenglish.com/2107/210723-woodland-1.html>

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Please try Levels 0, 2 and 3. They are (a little) harder.

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# THE READING

From <https://breakingnewsenglish.com/2107/210723-woodland-1.html>

Researchers say city woodland gives children better mental health. Children who experience the great outdoors also have better thinking skills. The researchers said their research helped them to understand that the natural environment is "an important protective factor for [a child's] cognitive development and mental health". They said seeing and hearing the sounds of nature gives children in cities psychological benefits.

The four-year study involved 3,568 children at 31 schools in London. Researchers calculated how woodland, parks, and "blue space" like rivers, lakes and the sea, affected children's health. Children who visited woodland every day scored higher on memory-based tests. They also had a 17 per cent lower risk of behavioural problems. A researcher said all children should experience "forest bathing" and enjoy "the sights, sounds and smells of a forest".

Sources: <https://www.nature.com/articles/s41893-021-00751-1.epdf>  
<https://edition.cnn.com/2021/07/20/health/woodland-children-wellness-scn-intl-scli-gbr/index.html>  
<https://phys.org/news/2021-07-woodlands-good-children-young-people.html>

# PHRASE MATCHING

From <https://breakingnewsenglish.com/2107/210723-woodland-1.html>

## PARAGRAPH ONE:

- |                                      |                  |
|--------------------------------------|------------------|
| 1. Children who experience the great | a. environment   |
| 2. have better thinking              | b. of nature     |
| 3. their research helped them        | c. outdoors      |
| 4. the natural                       | d. benefits      |
| 5. an important protective           | e. to understand |
| 6. cognitive development and         | f. factor        |
| 7. hearing the sounds                | g. skills        |
| 8. psychological                     | h. mental health |

## PARAGRAPH TWO:

- |                                  |                              |
|----------------------------------|------------------------------|
| 1. The four-year study involved  | a. problems                  |
| 2. blue space like               | b. of a forest               |
| 3. Children who visited woodland | c. 3,568 children            |
| 4. memory-                       | d. every day                 |
| 5. behavioural                   | e. sights                    |
| 6. children should               | f. based tests               |
| 7. enjoy the                     | g. rivers, lakes and the sea |
| 8. sounds and smells             | h. experience forest bathing |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2107/210723-woodland-1.html>

Researchers (1) \_\_\_\_\_ gives children better mental health. Children who experience (2) \_\_\_\_\_ also have (3) \_\_\_\_\_. The researchers said their research helped them to understand that the natural environment is "an (4) \_\_\_\_\_ for [a child's] cognitive development and mental health". They said (5) \_\_\_\_\_ the sounds of nature gives (6) \_\_\_\_\_ psychological benefits.

The (7) \_\_\_\_\_ involved 3,568 children at 31 schools in London. Researchers (8) \_\_\_\_\_, parks, and "blue space" like rivers, lakes and (9) \_\_\_\_\_ children's health. Children who visited woodland every day scored higher on (10) \_\_\_\_\_. They also had a 17 per cent (11) \_\_\_\_\_ behavioural problems. A researcher said all children should experience "forest bathing" and enjoy "the sights, sounds and smells (12) \_\_\_\_\_".

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2107/210723-woodland-1.html>

Researchers say city woodland gives children better mental health. Children who experience the great outdoors also have better thinking skills. These researchers said their research helped them to understand that the natural environment is "an important protective factor for [a child's] cognitive development and mental health". They said seeing and hearing these sounds of nature gives children in cities psychological benefits. The four-year study involved 3,568 children at 31 schools in London. Researchers calculated how woodland, parks, and "blue space" like rivers, lakes and the sea, affected children's health. Children who visited woodland every day scored higher on memory-based tests. They also had a 17 percent lower risk of behavioural problems. Researchers said all children should experience "forest bathing" and enjoy "the sights, sounds and smells of a forest".

# WOODLAND SURVEY

From <https://breakingnewsenglish.com/2107/210723-woodland-4.html>

Write five GOOD questions about woodland in the table. Do this in pairs. Each student must write the questions on his / her own paper.  
When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

## WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

d) \_\_\_\_\_

e) \_\_\_\_\_

f) \_\_\_\_\_

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## WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

d) \_\_\_\_\_

e) \_\_\_\_\_

f) \_\_\_\_\_

