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Level 3 – 12th September 2024

Nature can reduce anxiety and boost mental health

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<https://breakingnewsenglish.com/2409/240912-nature-and-mental-health.html>

Contents

The Article	2	Discussion (Student-Created Qs)	15
Warm-Ups	3	Language Work (Cloze)	16
Vocabulary	4	Spelling	17
Before Reading / Listening	5	Put The Text Back Together	18
Gap Fill	6	Put The Words In The Right Order	19
Match The Sentences And Listen	7	Circle The Correct Word	20
Listening Gap Fill	8	Insert The Vowels (a, e, i, o, u)	21
Comprehension Questions	9	Punctuate The Text And Add Capitals	22
Multiple Choice - Quiz	10	Put A Slash (/) Where The Spaces Are	23
Role Play	11	Free Writing	24
After Reading / Listening	12	Academic Writing	25
Student Survey	13	Homework	26
Discussion (20 Questions)	14	Answers	27

Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

From <https://breakingnewsenglish.com/2409/240912-nature-and-mental-health.html>

We all know that being in nature is good for us. New research suggests that being in the natural world for just 10 minutes can help our mental health. The research also says spending time with others in natural environments can help relationships. Even being in city parks and gardening can make a difference. A study from the City University of Hong Kong found that nature increases how we see other people as "fully human". The researchers say this makes us help and cooperate with others more. We become more sociable. This makes us feel better about ourselves. We feel more positive, so our mental health improves. Helping other people can also reduce our stress and anxiety.

Mental health is an issue that is growing around the world. More people are suffering from anxiety, depression and other psychological disorders. The National Alliance on Mental Illness in the USA reported that one in five Americans has mental health problems. The research contains good advice on how nature can help with these issues. It says time spent among trees or in fields is linked with better sleep and improved concentration. One study from Chiba University in Japan found that even flowers have positive effects on mental health. Researchers found that employees who had a vase of roses on their desk became calmer and less stressed after just four minutes.

Sources: <https://www.psypost.org/contact-with-nature-has-this-heartening-effect-on-our-psychological-disposition-scientists-find/>
<https://www.thecooldown.com/green-tech/nature-therapy-mental-health-benefits-study/>
<https://www.theguardian.com/books/article/2024/aug/27/good-nature-by-kathy-willis-review-flower-power>

WARM-UPS

1. NATURE: Students walk around the class and talk to other students about nature. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

being in nature / the natural world / mental health / parks / gardening / help / stress / anxiety / depression / advice / trees / fields / concentration / sleep / roses / desk

Have a chat about the topics you liked. Change topics and partners frequently.

3. NATURE NOT PHONES: Students A **strongly** believe we should spend more time being in nature than being on our phones; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

4. MENTAL HEALTH: Are these things good or bad for our mental health? Why? How do these things affect you? Complete this table with your partner(s). Change partners often and share what you wrote.

	Good/Bad	Why?	You
Nature			
Friends			
Social media			
Work			
Studying			
World politics			

5. STRESS: Spend one minute writing down all of the different words you associate with the word "stress". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. BEING IN NATURE: Rank these with your partner. Put the best places to be in nature at the top. Change partners often and share your rankings.

- Forests
- Gardens
- City parks
- Deserts
- Jungles
- Mountains
- Beaches
- River banks

VOCABULARY MATCHING

Paragraph 1

- | | |
|------------------|---|
| 1. suggest | a. To make something bigger or more. |
| 2. relationships | b. To give an idea or recommend something to someone. |
| 3. increase | c. To work together with others to achieve a goal. |
| 4. cooperate | d. Enjoying being with other people and talking to them. |
| 5. sociable | e. The connections or bonds between people, like friendships or family. |
| 6. reduce | f. Feeling worried or nervous about something. |
| 7. anxiety | g. To make something smaller or less. |

Paragraph 2

- | | |
|-------------------|--|
| 8. issue | h. Feeling pain or discomfort, either physically or emotionally. |
| 9. suffering | i. Suggestions about what you should do in a situation. |
| 10. depression | j. A problem or concern that needs to be talked about or solved. |
| 11. psychological | k. A state of feeling very sad or down for a long time. |
| 12. advice | l. The ability to focus your attention on one thing. |
| 13. concentration | m. Related to the mind and feelings. |
| 14. vase | n. A container used to hold flowers. |

BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/2409/240912-nature-and-mental-health.html>

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

1. The article says a minute in nature can help our mental health. **T / F**
2. Researchers say 10 minutes in the garden can help our mental health. **T / F**
3. People who do not spend time in nature are not fully human. **T / F**
4. Researchers say helping people can increase our stress. **T / F**
5. Mental health issues are decreasing around the world. **T / F**
6. Spending time among trees can help us sleep better. **T / F**
7. A study from a French university said flowers help our health. **T / F**
8. Having a vase of roses on our desk can help our mental health. **T / F**

2. SYNONYM MATCH: (The words in **bold** are from the news article.)

- | | |
|-------------------------|------------------|
| 1. suggests | a. problem |
| 2. relationships | b. work together |
| 3. cooperate | c. focus |
| 4. sociable | d. worry |
| 5. anxiety | e. family ties |
| 6. issue | f. illnesses |
| 7. disorders | g. workers |
| 8. linked | h. shows |
| 9. concentration | i. connected |
| 10. employees | j. friendly |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|---|-----------------------------|
| 1. We all know that being | a. sociable |
| 2. being in city parks and gardening can make | b. advice |
| 3. We become more | c. our stress and anxiety |
| 4. This makes us feel better | d. of roses |
| 5. Helping other people can also reduce | e. suffering from anxiety |
| 6. More people are | f. in nature is good for us |
| 7. psychological | g. effects on mental health |
| 8. The research contains good | h. disorders |
| 9. flowers have positive | i. about ourselves |
| 10. a vase | j. a difference |

GAP FILL

From <https://breakingnewsenglish.com/2409/240912-nature-and-mental-health.html>

We all know that (1) _____ in nature is good for us. New research suggests that being in the natural (2) _____ for just 10 minutes can help our mental health. The research also says (3) _____ time with others in natural environments can help relationships. Even being in city parks and gardening can make a (4) _____. A study from the City University of Hong Kong found that nature increases how we see other people as "fully human". The researchers say this makes us help and (5) _____ with others more. We become more sociable. This makes us feel better about (6) _____. We feel more (7) _____, so our mental health improves. Helping other people can also reduce our stress and (8) _____.

world
ourselves
difference
anxiety
being
positive
spending
cooperate

Mental health is an (9) _____ that is growing around the world. More people are suffering from anxiety, (10) _____ and other psychological disorders. The National Alliance on Mental Illness in the USA reported that (11) _____ in five Americans has mental health problems. The research contains good (12) _____ on how nature can help with these issues. It says time spent (13) _____ trees or in fields is linked with better sleep and improved concentration. One study from Chiba University in Japan found that even flowers have (14) _____ effects on mental health. Researchers found that employees who had a vase of (15) _____ on their desk became (16) _____ and less stressed after just four minutes.

depression
among
roses
issue
calmer
advice
one
positive

LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/2409/240912-nature-and-mental-health.html>

- 1) We all know that being in nature is _____
 - a. good from us
 - b. good of us
 - c. good for us
 - d. good forums
- 2) being in city parks and gardening can _____
 - a. make a difference
 - b. make a different
 - c. make a differences
 - d. make a differential
- 3) makes us help and cooperate with others more. We _____
 - a. became more sociable
 - b. become more sociable
 - c. becomes more sociable
 - d. becoming more sociable
- 4) We feel more positive, so our _____
 - a. mental healthy improves
 - b. mentally health improves
 - c. mental health improves
 - d. mental health improve
- 5) Helping other people can also reduce our _____
 - a. stress send anxiety
 - b. stress sand anxiety
 - c. stressed anxiety
 - d. stress and anxiety
- 6) More people are suffering from anxiety, depression and _____
 - a. another psychological disorders
 - b. other psychological disorders
 - c. others psychological disorders
 - d. othered psychological disorders
- 7) The research contains good advice on how nature can help _____
 - a. with these tissues
 - b. with these issues
 - c. with these atishoo
 - d. with these issue
- 8) One study from Chiba University in Japan found that even flowers _____
 - a. have positively effects
 - b. have positive affects
 - c. has positive effects
 - d. have positive effects
- 9) Researchers found that employees who had a _____
 - a. vase of roses
 - b. vase off roses
 - c. vase of rose
 - d. base of roses
- 10) on their desk became calmer and less stressed after _____
 - a. just four minute
 - b. just four minutes
 - c. just for minutes
 - d. justice four minutes

LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/2409/240912-nature-and-mental-health.html>

We all know that being in (1) _____ for us. New research suggests that being in the natural (2) _____ 10 minutes can help our mental health. The research also says spending time with others in natural environments can help relationships. Even being in city parks and gardening can (3) _____. A study from the City University of Hong Kong found that nature increases how we see other people (4) _____. The researchers say this makes us help and cooperate with others more. We become more sociable. This makes us feel better about ourselves. We (5) _____, so our mental health improves. Helping other people can (6) _____ stress and anxiety.

Mental health is an issue (7) _____ around the world. More people are suffering from anxiety, depression and other psychological disorders. The National Alliance on Mental Illness in the USA reported that (8) _____ Americans has mental health problems. The research contains (9) _____ how nature can help with these issues. It says time spent among trees or in (10) _____ with better sleep and improved concentration. One study from Chiba University in Japan found that even flowers have positive effects on mental health. Researchers found that employees who had a (11) _____ on their desk became calmer and less stressed after (12) _____.

COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/2409/240912-nature-and-mental-health.html>

1. How long do we have to spend in nature to improve our mental health?
2. What can help our mental health besides being in city parks?
3. Which university are the researchers from?
4. What makes us feel better about ourselves?
5. What can we reduce if we help other people?
6. Where is mental health growing?
7. What are more people suffering from besides anxiety and depression?
8. What proportion of Americans have mental health problems?
9. What can spending time among trees improve?
10. What can make us feel less stressed in just four minutes?

MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/2409/240912-nature-and-mental-health.html>

- 1) How long do we have to spend in nature to improve our mental health?
 - a) 20 minutes
 - b) 15 minutes
 - c) 30 minutes
 - d) 10 minutes
- 2) What can help our mental health besides being in city parks?
 - a) being in country parks
 - b) gardening
 - c) botanical gardens
 - d) being in greenhouses
- 3) Which university are the researchers from?
 - a) City University of Honolulu
 - b) National University of Honduras
 - c) National University of Hungary
 - d) City University of Hong Kong
- 4) What makes us feel better about ourselves?
 - a) being on beaches
 - b) looking in the mirror
 - c) nature
 - d) sleeping
- 5) What can we reduce if we help other people?
 - a) depression
 - b) our debt
 - c) our weight
 - d) our stress and anxiety
- 6) Where is mental health growing?
 - a) among young people
 - b) in the developing world
 - c) around the world
 - d) Antarctica
- 7) What are more people suffering from besides anxiety and depression?
 - a) psychological disorders
 - b) neurosis
 - c) obesity
 - d) money worries
- 8) What proportion of Americans have mental health problems?
 - a) 1 in 10
 - b) 1 in 8
 - c) 1 in 5
 - d) 1 in 3
- 9) What can spending time among trees improve?
 - a) forests
 - b) concentration (and sleep)
 - c) knowledge of forests
 - d) gardens
- 10) What can make us feel less stressed in just four minutes?
 - a) a vase of roses on our desk
 - b) a power nap
 - c) shopping
 - d) being on social media

ROLE PLAY

From <https://breakingnewsenglish.com/2409/240912-nature-and-mental-health.html>

Role A – Forests

You think forests are the best places to be in nature. Tell the others three reasons why. Tell them what is wrong with their places. Also, tell the others which is the least beneficial of these (and why): city parks, beaches or gardens.

Role B – City Parks

You think city parks are the best places to be in nature. Tell the others three reasons why. Tell them what is wrong with their places. Also, tell the others which is the least beneficial of these (and why): forests, beaches or gardens.

Role C – Beaches

You think beaches are the best places to be in nature. Tell the others three reasons why. Tell them what is wrong with their places. Also, tell the others which is the least beneficial of these (and why): city parks, forests or gardens.

Role D – Gardens

You think gardens are the best places to be in nature. Tell the others three reasons why. Tell them what is wrong with their places. Also, tell the others which is the least beneficial of these (and why): city parks, beaches or forests.

AFTER READING / LISTENING

From <https://breakingnewsenglish.com/2409/240912-nature-and-mental-health.html>

1. WORD SEARCH: Look online / in your dictionary to find collocates, information on, synonyms for... the words 'mental' and 'health'.

mental	health
---------------	---------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• know• 10• city• fully• ourselves• reduce	<ul style="list-style-type: none">• world• national• advice• linked• positive• minutes
---	---

NATURE SURVEY

From <https://breakingnewsenglish.com/2409/240912-nature-and-mental-health.html>

Write five GOOD questions about nature 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.

NATURE DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'nature'?
3. What do you think of nature?
4. How does your feeling change when you are in nature?
5. Do you worry about your mental health?
6. How do you feel when you are in nature with other people?
7. What do you think of gardening?
8. Are you a sociable person?
9. Do you feel positive about yourself?
10. What makes you feel stressed?

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NATURE DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'mental health'?
13. What do you think about what you read?
14. Why do you think mental health issues are growing?
15. What advice do you have for people with depression?
16. Where are your favourite places to go in nature?
17. What can we do to get better sleep?
18. How do flowers in your home make you feel?
19. How much do you worry about nature disappearing?
20. What questions would you like to ask the researchers?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

From <https://breakingnewsenglish.com/2409/240912-nature-and-mental-health.html>

We all (1) _____ that being in nature is good for us. New research suggests that being in the natural world for (2) _____ 10 minutes can help our mental health. The research also says spending time with others in natural environments can help relationships. Even (3) _____ in city parks and gardening can make a difference. A study from the City University of Hong Kong found that nature increases (4) _____ we see other people as "fully human". The researchers say this makes us help and cooperate (5) _____ others more. We become more sociable. This makes us feel better about ourselves. We feel more positive, (6) _____ our mental health improves. Helping other people can also reduce our stress and anxiety.

Mental health is an issue that is (7) _____ around the world. More people are suffering from anxiety, depression and other psychological disorders. The National Alliance on Mental Illness in the USA reported that (8) _____ in five Americans has mental health problems. The research contains good advice (9) _____ how nature can help with these issues. It says time spent among trees or in fields is linked (10) _____ better sleep and improved concentration. One study from Chiba University in Japan found that even flowers have positive (11) _____ on mental health. Researchers found that employees who had a vase of roses on their desk became calmer and (12) _____ stressed after just four minutes.

Put the correct words from the table below in the above article.

- | | | | | |
|-----|--------------|-------------|-------------|-------------|
| 1. | (a) known | (b) knows | (c) know | (d) knowing |
| 2. | (a) just | (b) justly | (c) adjust | (d) justice |
| 3. | (a) being | (b) be | (c) been | (d) is |
| 4. | (a) how | (b) who | (c) what | (d) which |
| 5. | (a) without | (b) wither | (c) wither | (d) with |
| 6. | (a) because | (b) however | (c) but | (d) so |
| 7. | (a) growing | (b) growth | (c) grown | (d) grows |
| 8. | (a) only | (b) once | (c) ones | (d) one |
| 9. | (a) on | (b) in | (c) at | (d) of |
| 10. | (a) at | (b) with | (c) of | (d) how |
| 11. | (a) reflects | (b) effects | (c) infects | (d) affects |
| 12. | (a) less | (b) loss | (c) last | (d) lest |

SPELLING

From <https://breakingnewsenglish.com/2409/240912-nature-and-mental-health.html>

Paragraph 1

1. new research sseugstg that
2. natural vmtsenernnio
3. nature reenisacs how we see other people
4. help and roopteace with others
5. We become more scialoeb
6. reduce our stress and xtianey

Paragraph 2

7. More people are fgnfsuire
8. ospnreeids and other psychological disorders
9. The research contains good cadiev
10. positive ftfeces
11. a seva of roses
12. became camrel and less stressed

PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/2409/240912-nature-and-mental-health.html>

Number these lines in the correct order.

- () issues. It says time spent among trees or in fields is linked with better sleep and improved
- () effects on mental health. Researchers found that employees who had a vase
- () world for just 10 minutes can help our mental health. The research also says spending time with
- (**1**) We all know that being in nature is good for us. New research suggests that being in the natural
- () and other psychological disorders. The National Alliance on Mental Illness in the USA reported that one in
- () Mental health is an issue that is growing around the world. More people are suffering from anxiety, depression
- () difference. A study from the City University of Hong Kong found that nature increases how we see other people as "fully
- () five Americans has mental health problems. The research contains good advice on how nature can help with these
- () of roses on their desk became calmer and less stressed after just four minutes.
- () others in natural environments can help relationships. Even being in city parks and gardening can make a
- () concentration. One study from Chiba University in Japan found that even flowers have positive
- () sociable. This makes us feel better about ourselves. We feel more positive, so our mental health
- () human". The researchers say this makes us help and cooperate with others more. We become more
- () improves. Helping other people can also reduce our stress and anxiety.

PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/2409/240912-nature-and-mental-health.html>

1. nature We that know being good . is in
2. for minutes . world in natural Being 10 the
3. make in a city can Being difference . parks
4. see other increases Nature how people . we
5. also reduce can Helping other our stress . people
6. growing that around issue is the An world .
7. and from more More anxiety . are people suffering
8. these nature Advice can help how on issues .
9. health . Even mental effects on have positive flowers
10. their of vase desk . A roses on

CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/2409/240912-nature-and-mental-health.html>

We all know that *being / been* in nature is good for us. New research suggests that being in the natural world for *adjust / just* 10 minutes can help our mental health. The research also says spending time *without / with* others in *natural / naturally* environments can help relationships. Even being in city *park / parks* and gardening can make a *difference / different*. A study from the City University of Hong Kong found that nature increases *what / how* we see other people as "fully human". The *research / researchers* say this makes us help and cooperate with others more. We become more sociable. This makes us feel better about *themselves / ourselves*. We feel more positive, so our mental health improves. Helping other people can also reduce our stress and *anxiety / anxious*.

Mental health is an issue that is *grown / growing* around the world. More people are suffering from anxiety, depression and *another / other* psychological disorders. The National Alliance on Mental Illness in the USA reported that *one / once* in five Americans has mental health problems. The research contains good advice *in / on* how nature can help with *these / them* issues. It says time spent among trees or *at / in* fields is linked with better sleep and improved *concentrate / concentration*. One study from Chiba University in Japan found that *ever / even* flowers have positive effects on mental health. Researchers found that employees who had a *vast / vase* of roses on their desk became calmer and less stressed *after / before* just four minutes.

Talk about the connection between each pair of words in italics, and why the correct word is correct. Look up the definition of new words.

INSERT THE VOWELS (a, e, i, o, u)

From <https://breakingnewsenglish.com/2409/240912-nature-and-mental-health.html>

W_ _ll kn_w th_t b__ng _n n_t_r_ _s g__d f_r _s.
N_w r_s__rch s_gg_sts th_t b__ng _n th_ n_t_r_l w_rld
f_r j_st 10 m_n_t_s c_n h_lp __r m_nt_l h__lth. Th_
r_s__rch _ls_ s_sys sp_ndng t_m_ w_th _th_rs _n
n_t_r_l _nv_r_nm_nts c_n h_lp r_l_t__nsh_ps. _v_n
b__ng _n c_ty p_rks _nd g_rdn_ng c_n m_k_ _
d_ff_r_nc_. _ st_dy fr_m th_ C_ty _n_v_rs_ty _f H_ng
K_ng f__nd th_t n_t_r_ _ncr__s_s h_w w_ s__ _th_r
p__pl_ _s "f_lly h_m_n". Th_ r_s__rch_rs s_y th_s
m_k_s _s h_lp _nd c__p_r_t_ w_th _th_rs m_r_. W_
b_c_m_ m_r_ s_c__bl_. Th_s m_k_s _s f__l b_tt_r
_b__t __rs_lv_s. W_ f__l m_r_ p_s_t_v_, s_ __r m_nt_l
h__lth _mpr_v_s. H_lp_ng _th_r p__pl_ c_n _ls_ r_d_c_
__r str_ss _nd _nx__ty.

M_nt_l h__lth _s _n _ss__ th_t _s gr_wng _r__nd th_
w_rld. M_r_ p__pl_ _r_ s_ff_rng fr_m _nx__ty,
d_pr_ss__n _nd _th_r psych_l_g_c_l d_s_rdrs. Th_
N_t__n_l _ll__nc_ _n M_nt_l _lln_ss _n th_ _S_
r_p_rtd th_t _n_ _n f_v_ _m_r_cns h_s m_nt_l
h__lth pr_bl_ms. Th_ r_s__rch c_nt__ns g__d _dv_c_ _n
h_w n_t_r_ c_n h_lp w_th th_s_ _ss__s. _t s_sys t_m_
sp_nt _m_ng tr__s _r _n f__lds _s l_nk_d w_th b_tt_r
sl__p _nd _mpr_v_d c_nc_ntr_t__n. _n_ st_dy fr_m
Ch_b_ _n_v_rs_ty _n J_p_n f__nd th_t _v_n fl_w_rs
h_v_ p_s_t_v_ _ff_cts _n m_nt_l h__lth. R_s__rch_rs
f__nd th_t _mpl_y__s wh_ h_d _ v_s_ _f r_s_s _n
th__r d_sk b_c_m_ c_lm_r _nd l_ss str_ss_d _ft_r j_st
f__r m_n_t_s.

PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/2409/240912-nature-and-mental-health.html>

we all know that being in nature is good for us new research suggests that being in the natural world for just 10 minutes can help our mental health the research also says spending time with others in natural environments can help relationships even being in city parks and gardening can make a difference a study from the city university of hong kong found that nature increases how we see other people as fully human the researchers say this makes us help and cooperate with others more we become more sociable this makes us feel better about ourselves we feel more positive so our mental health improves helping other people can also reduce our stress and anxiety

mental health is an issue that is growing around the world more people are suffering from anxiety depression and other psychological disorders the national alliance on mental illness in the usa reported that one in five americans has mental health problems the research contains good advice on how nature can help with these issues it says time spent among trees or in fields is linked with better sleep and improved concentration one study from chiba university in japan found that even flowers have positive effects on mental health researchers found that employees who had a vase of roses on their desk became calmer and less stressed after just four minutes

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2409/240912-nature-and-mental-health.html>

We all know that being in nature is good for us. New research suggests that being in the natural world for just 10 minutes can help our mental health. The research also says spending time with others in a natural environment can help relationships. Even being in city parks and gardening can make a difference. A study from the City University of Hong Kong found that nature increases how we see other people as "fully human". The researchers say this makes us help and cooperate with others more. We become more sociable. This makes us feel better about ourselves. We feel more positive, so our mental health improves. Helping other people can also reduce our stress and anxiety. Mental health is an issue that is growing around the world. More people are suffering from anxiety, depression and other psychological disorders. The National Alliance on Mental Illness in the USA reported that one in five Americans has mental health problems. The research contains good advice on how nature can help with these issues. It says time spent among trees or in fields is linked with better sleep and improved concentration. One study from Chiba University in Japan found that even flowers have positive effects on mental health. Researchers found that employees who had a vase of roses on their desk became calmer and less stressed after just four minutes.

HOMework

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

3. NATURE: Make a poster about nature. Show your work to your classmates in the next lesson. Did you all have similar things?

4. WALKS: Write a magazine article about governments creating projects for everyone to walk in nature every day. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on nature. Ask him/her three questions about it. Give him/her three of your opinions on nature's effect on mental health. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1. b 2. e 3. a 4. c 5. d 6. g 7. f
8. j 9. h 10. k 11. m 12. i 13. l 14. n

TRUE / FALSE (p.5)

- 1 F 2 T 3 F 4 F 5 F 6 T 7 F 8 T

SYNONYM MATCH (p.5)

1. h	2. e	3. b	4. j	5. d
6. a	7. f	8. i	9. c	10. g

COMPREHENSION QUESTIONS (p.9)

- Ten minutes
- Gardening
- City University of Hong Kong
- Nature
- Our stress and anxiety
- Around the world
- Psychological disorders
- One in five
- Concentration (and sleep)
- A vase of roses on our desk

WORDS IN THE RIGHT ORDER (p.19)

- We know that being in nature is good.
- Being in the natural world for 10 minutes.
- Being in city parks can make a difference.
- Nature increases how we see other people.
- Helping other people can also reduce our stress.
- An issue that is growing around the world.
- More and more people are suffering from anxiety.
- Advice on how nature can help these issues.
- Even flowers have positive effects on mental health.
- A vase of roses on their desk.

MULTIPLE CHOICE - QUIZ (p.10)

1. d 2. b 3. d 4. c 5. d 6. c 7. a 8. c 9. b 10. a

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)