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Level 0 – 10th September 2026

Traffic noise may be making birdsong less calming

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

<https://breakingnewsenglish.com/2609/260910-birdsong-and-traffic-noise-0.html>

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Please try Levels 1, 2 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2609/260910-birdsong-and-traffic-noise-0.html>

Birdsong is good for our mental health. It is one of nature's most beautiful sounds. Noise from traffic is not good for our mental health. It can increase our stress. A study found that traffic noise reduces the benefits of hearing birdsong. A researcher said towns needed more green spaces and lower speed limits.

Many people took part in the study. They listened to natural sounds and traffic noise. They then answered questions about how they felt. A researcher said listening to traffic noise reduced people's feelings of well-being. The researcher said we need more outdoor spaces to help people who are stressed.

Sources: <https://academic.oup.com/condor/article/128/2/1/8487786>
<https://www.theguardian.com/environment/2026/aug/26/mood-boosting-benefits-of-birdsong-drowned-out-by-traffic-noise-study-finds>
<https://phys.org/news/2026-08-traffic-noise-birdsong-stress-relieving.html>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2609/260910-birdsong-and-traffic-noise-0.html>

PARAGRAPH ONE:

- | | |
|----------------------------|------------------------|
| 1. Birdsong is good for | a. spaces |
| 2. one of nature's most | b. is not good |
| 3. Noise from traffic | c. limits |
| 4. It can increase | d. needed more |
| 5. the benefits | e. our mental health |
| 6. A researcher said towns | f. of hearing birdsong |
| 7. green | g. beautiful sounds |
| 8. lower speed | h. our stress |

PARAGRAPH TWO:

- | | |
|-----------------------------------|---------------------------|
| 1. Many people took | a. spaces |
| 2. They listened | b. questions |
| 3. traffic | c. to natural sounds |
| 4. They then answered | d. feelings of well-being |
| 5. how they | e. who are stressed |
| 6. traffic noise reduced people's | f. part in the study |
| 7. we need more outdoor | g. felt |
| 8. help people | h. noise |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2609/260910-birdsong-and-traffic-noise-0.html>

Birdsong (1) _____ our mental health. It is
(2) _____ most beautiful sounds. Noise from
traffic is (3) _____ our mental health. It can
(4) _____. A study found that traffic noise
reduces (5) _____ hearing birdsong. A
researcher said towns needed more green spaces and
(6) _____.

Many people (7) _____ the study. They
listened (8) _____ and traffic noise. They
then answered questions about (9) _____. A
researcher said listening (10) _____ reduced
people's feelings (11) _____. The researcher
said we need more outdoor spaces to help people
(12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

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BIRDSONG

From <https://breakingnewsenglish.com/2609/260910-birdsong-and-traffic-noise-0.html>

Write five GOOD questions about birdsong 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) _____

WRITING

From <https://breakingnewsenglish.com/2609/260910-birdsong-and-traffic-noise-0.html>

Write about **birdsong** for 10 minutes. Read and talk about your partner's paper.

[illegible]