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Level 3 – 10th September 2026

Traffic noise may be making birdsong less calming

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

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

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THE ARTICLE

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

Listening to birds singing has a positive effect on our mental health and well-being. Birdsong is one of the most beautiful sounds in nature. Conversely, noise from traffic is annoying and can increase our stress. A new study from the University of Surrey in the UK suggests that the noise from traffic may reduce the positive effects of birdsong on our mood. Environmental psychologist Dr Eleanor Ratcliffe said: "Traffic noise undoubtedly affects the psychological benefits of natural soundscapes." She said we need to think more carefully about adding green spaces to towns, "so that people enjoy such areas to the fullest". She also suggested lowering speed limits near parks.

More than 1,500 people took part in the study. They listened to nine different soundscapes of natural sounds and traffic noise. The people then answered questions about how relaxed and refreshed they felt after listening to the sounds. The researchers found that listening to birdsong benefited well-being. However, even at low levels, traffic noise reduced feelings of well-being. Researcher Dr Melissa Marselle said the modern world is noisy. She said we need to investigate the impact of traffic noise on nature's sounds and whether it negatively affects their benefits. She added that we need to identify more quiet outdoor spaces to help people who are feeling 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

WARM-UPS

1. BIRDSONG: Students walk around the class and talk to other students about birdsong. 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?

> birds / mental health / birdsong / nature / traffic noise / stress / mood / green spaces
> natural sounds / the modern world / noisy / benefits / outdoor spaces / researcher

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

3. MORE BIRDS: Students A **strongly** believe countries should breed more birds and release them into towns; Students B **strongly** believe that's unnecessary. Change partners again and talk about your conversations.

4. SOUNDS OF NATURE: What do you think of these sounds? How do they make you feel? Complete this table with your partner(s). Change partners often and share what you wrote.

Sound	What I Think	How I Feel
Birdsong		
Ocean waves		
Falling rain		
Buzzing insects		
Waterfalls		
The wind		

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

6. WELL-BEING NATURE: Rank these with your partner. Put the best things for our well-being at the top. Change partners often and share your rankings.

- Birdsong
- Sunlight
- Trees
- Rivers
- Flowers
- Mountains
- Beaches
- Puppies and kittens

VOCABULARY MATCHING

Paragraph 1

1.	positive	a.	A change that happens because of something.
2.	effect	b.	In the opposite way.
3.	well-being	c.	Good or helpful.
4.	conversely	d.	About the mind and feelings.
5.	traffic	e.	All the cars, buses, trucks, motorbikes, etc. on a road.
6.	psychological	f.	Said something to make people think about it.
7.	suggested	g.	Being healthy, happy, and feeling good.

Paragraph 2

8.	soundscapes	h.	To know or find out what something is.
9.	benefited	i.	To try to find out more about something.
10.	reduced	j.	A strong effect on something.
11.	investigate	k.	The sounds that you hear in a place.
12.	impact	l.	Got help or a good result from something.
13.	affects	m.	Changes or has an effect on something.
14.	identify	n.	Made smaller or less.

BEFORE READING / LISTENING

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

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

1. The article says singing helps the well-being of birds. **T / F**
2. The article says birdsong is the most beautiful sound in nature. **T / F**
3. Traffic noise may reduce the positive effects of listening to birdsong. **T / F**
4. A psychologist wants to see speed limits reduced on roads. **T / F**
5. The researchers listened to the song of 1,500 different birds. **T / F**
6. People who took part in the study said they hated the sound of traffic. **T / F**
7. The article says low levels of traffic does not affect enjoying birdsong. **T / F**
8. A researcher said we need more outdoor spaces for stressed people. **T / F**

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

1. effect	a. lessen
2. annoying	b. open air
3. reduce	c. look into
4. affects	d. irritating
5. enjoy	e. find
6. answered	f. benefit from
7. noisy	g. impact
8. investigate	h. loud
9. identify	i. replied to
10. outdoor	j. influences

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

1. birds singing has a positive effect	a. is annoying
2. Birdsong is one of the most beautiful	b. of well-being
3. Conversely, noise from traffic	c. limits near parks
4. environmental	d. after listening
5. She also suggested lowering speed	e. are feeling stressed
6. More than 1,500 people took	f. sounds in nature
7. how relaxed and refreshed they felt	g. psychologist
8. traffic noise reduced feelings	h. on nature's sounds
9. investigate the impact of traffic noise	i. on our mental health
10. outdoor spaces to help people who	j. part in the study

GAP FILL

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

Listening to birds singing has a positive (1) _____ on our mental health and well-being. Birdsong is one of the most beautiful (2) _____ in nature. Conversely, noise from traffic is annoying and can increase our stress. A new study from the University of Surrey in the UK (3) _____ that the noise from traffic may reduce the positive effects of birdsong on our (4) _____. Environmental psychologist Dr Eleanor Ratcliffe said: "Traffic noise undoubtedly affects the psychological (5) _____ of natural soundscapes." She said we need to think more carefully about adding green spaces to (6) _____, "so that people enjoy such areas to the (7) _____". She also suggested lowering speed (8) _____ near parks.

mood

sounds

fullest

benefits

limits

effect

suggests

towns

More than 1,500 people took (9) _____ in the study. They listened to nine different soundscapes of natural sounds and traffic (10) _____. The people then answered questions about how (11) _____ and refreshed they (12) _____ after listening to the sounds. The researchers found that listening to birdsong (13) _____ well-being. However, even at low levels, traffic noise reduced feelings of well-being. Researcher Dr Melissa Marselle said the (14) _____ world is noisy. She said we need to investigate the impact of traffic noise on nature's sounds and (15) _____ it negatively affects their benefits. She added that we need to (16) _____ more quiet outdoor spaces to help people who are feeling stressed.

relaxed

whether

benefited

part

identify

felt

noise

modern

LISTENING – Guess the answers. Listen to check.

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

1) Birdsong is one of the most beautiful _____
   a. sounds on nature
   b. sounds immature
   c. sound sin nature
   d. sounds in nature
2) the noise from traffic may reduce the positive effects of birdsong _____
   a. inner mood
   b. on our mood
   c. on hour mood
   d. on your mood
3) we need to think more carefully about adding green _____
   a. spaces two towns
   b. space is to towns
   c. spaces to towns
   d. spaces to tunes
4) adding green spaces to towns so that people enjoy such areas _____
   a. to the full lest
   b. to the fullest
   c. to a fullest
   d. too the fullest
5) She also suggested lowering speed _____
   a. limits near parks
   b. limit smear parks
   c. limits nearly parks
   d. limit near parks
6) They listened to nine different soundscapes of natural sounds _____
   a. and traffic noisy
   b. and traffic noise
   c. end traffic noise
   d. and tragic noise
7) The people then answered questions about how relaxed and _____
   a. refresh they felt
   b. refreshed their felt
   c. refreshed they felt
   d. refreshed they felts
8) The researchers found that listening to birdsong _____
   a. benefit it well-being
   b. benefited good-being
   c. beneficial well-being
   d. benefited well-being
9) the impact of traffic noise on nature's sounds and whether it negatively _____
   a. affects their benefits
   b. effects their benefits
   c. reflects their benefits
   d. infects their benefits
10) She added that we need to identify more _____
   a. quiet outdoor spaces
   b. quite outdoor spaces
   c. quit outdoor spaces
   d. quilt outdoor spaces

LISTENING – Listen and fill in the gaps

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

Listening to birds singing has a (1) _____ our mental health and well-being. Birdsong is one of the most beautiful sounds in nature. Conversely, noise from (2) _____ and can increase our stress. A new study from the University of Surrey in the UK suggests that the noise from traffic (3) _____ positive effects of birdsong on our mood. Environmental psychologist Dr Eleanor Ratcliffe said: "Traffic noise (4) _____ psychological benefits of natural soundscapes." She said we need to think more carefully about adding green spaces to towns, "so that people enjoy such areas (5) _____". She also suggested (6) _____ near parks.

More than 1,500 people took part in the study. They listened to nine different soundscapes (7) _____ and traffic noise. The people then answered questions about how relaxed and (8) _____ after listening to the sounds. The researchers found that listening to birdsong benefited well-being. However, even (9) _____, traffic noise reduced feelings of well-being. Researcher Dr Melissa Marselle said the (10) _____ noisy. She said we need to investigate the impact of traffic noise on nature's sounds and whether it negatively affects their benefits. She added that we need (11) _____ quiet outdoor spaces to help people who (12) _____.

COMPREHENSION QUESTIONS

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

1. Where does the article say birdsong is one of the most beautiful sounds?

2. What does the article say traffic noise is?

3. What did a study say traffic can reduce the positive benefits of?

4. What does a psychologist want to add to towns?

5. Where did a researcher want lower speed limits?

6. How many people participated in the study?

7. How many different soundscapes did the study participants listen to?

8. What did researchers say listening to birdsong benefited?

9. What does a researcher say about the modern world?

10. Who does a researcher want quiet outdoor spaces for?

MULTIPLE CHOICE - QUIZ

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

1) Where does the article say birdsong is one of the most beautiful sounds?
a) in parks
b) in songs
c) in nature
d) in the countryside

2) What does the article say traffic noise is?
a) annoying
b) loud
c) part of life
d) noise pollution

3) What did a study say traffic can reduce the positive benefits of?
a) feeling happy
b) birdsong
c) planting trees
d) environmental action

4) What does a psychologist want to add to towns?
a) trees
b) gardens
c) bird feeding boxes
d) green spaces

5) Where did a researcher want lower speed limits?
a) on highways
b) near children
c) near parks
d) near birds

6) How many people participated in the study?
a) exactly 1,500
b) more than 1,500
c) around 1,500
d) just fewer than 1,500

7) How many different soundscapes did the study participants listen to?
a) 6
b) 7
c) 8
d) 9

8) What did researchers say listening to birdsong benefited?
a) the human spirit
b) well-being
c) parks
d) children

9) What does a researcher say about the modern world?
a) It sounds great.
b) It is noisy.
c) It needs more birds.
d) It's a wonderful world.

10) Who does a researcher want quiet outdoor spaces for?
a) people who feel stressed
b) children
c) car drivers
d) birdwatchers

ROLE PLAY

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

Role A – Birdsong

You think birdsong is the best thing for your well-being. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which of these is the least likely to improve your well-being (and why): sunlight, flowers or mountains.

Role B – Sunlight

You think sunlight is the best thing for your well-being. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which of these is the least likely to improve your well-being (and why): birdsong, flowers or mountains.

Role C – Flowers

You think flowers are the best things for your well-being. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which of these is the least likely to improve your well-being (and why): sunlight, birdsong or mountains.

Role D – Mountains

You think mountains are the best things for your well-being. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which of these is the least likely to improve your well-being (and why): sunlight, flowers or birdsong.

AFTER READING / LISTENING

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

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

bird	**song**

- 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:

• listening • conversely • new • suggests • undoubtedly • adding	• part • questions • low • modern • investigate • quiet

BIRDSONG SURVEY

From https://breakingnewsenglish.com/2609/260910-birdsong-and-traffic-noise.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.

BIRDSONG 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 'birdsong'?
3. How do you feel when you listen to birds singing?
4. How often do you listen to birds singling?
5. Are there any sounds in nature better than birdsong?
6. What do you think of the sound of traffic?
7. Are there any traffic sounds that are nice?
8. What soundscapes are there when you are in bed?
9. What are your favourite birds?
10. Do all birds sing sweetly?

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BIRDSONG 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 'traffic'?
13. What do you think about what you read?
14. What are the most relaxing sounds in the world?
15. What noises in our modern world do you like and dislike?
16. Would you like a singing bird as a pet?
17. Would you download an audio file of birdsong?
18. How noisy is the modern world?
19. What do you think of lowering speed limits to hear birdsong?
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/2609/260910-birdsong-and-traffic-noise.html

Listening to birds singing has a positive effect (1) _____ our mental health and well-being. Birdsong is one of the most beautiful sounds in nature. Conversely, noise from traffic is (2) _____ and can increase our stress. A new study from the University of Surrey in the UK suggests that the noise from traffic may reduce (3) _____ positive effects of birdsong on our mood. Environmental psychologist Dr Eleanor Ratcliffe said: "Traffic noise undoubtedly (4) _____ the psychological benefits of natural soundscapes." She said we need to think (5) _____ carefully about adding green spaces to towns, "so that people enjoy (6) _____ areas to the fullest". She also suggested lowering speed limits near parks.

More than 1,500 people (7) _____ part in the study. They listened to nine different soundscapes of natural sounds and traffic noise. The people (8) _____ answered questions about how relaxed and refreshed they felt after listening to the sounds. The researchers found that listening to birdsong benefited well-being. However, even (9) _____ low levels, traffic noise reduced feelings of well-being. Researcher Dr Melissa Marselle said the modern world is noisy. She said we need (10) _____ investigate the impact of traffic noise on nature's sounds and (11) _____ it negatively affects their benefits. She added that we need to identify more quiet outdoor spaces to help people who are (12) _____ stressed.

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

1.	(a)	to	(b)	on	(c)	at	(d)	of
2.	(a)	annoyed	(b)	annoying	(c)	annoys	(d)	annoyingly
3.	(a)	them	(b)	a	(c)	this	(d)	the
4.	(a)	reflects	(b)	affects	(c)	infects	(d)	effects
5.	(a)	much	(b)	more	(c)	many	(d)	mere
6.	(a)	so	(b)	thus	(c)	such	(d)	there
7.	(a)	have	(b)	give	(c)	take	(d)	do
8.	(a)	that	(b)	there	(c)	then	(d)	them
9.	(a)	to	(b)	up	(c)	of	(d)	at
10.	(a)	to	(b)	of	(c)	at	(d)	by
11.	(a)	whether	(b)	wither	(c)	weather	(d)	whatever
12.	(a)	feels	(b)	felt	(c)	feeling	(d)	feel

SPELLING

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

Paragraph 1

1. a positive ceeftf on our mental health

2. noise from traffic is oangnnyi

3. noise from traffic may edurec

4. tneovennamrli psychologist

5. efitbnes of natural soundscapes

6. She also suegdtesg lowering speed limits

Paragraph 2

7. tnaural sounds

8. feelings of lewl-ebgni

9. the ornmed world is noisy

10. we need to eievtagsitn

11. the piamct of traffic noise

12. quiet utrdooo spaces

PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

( ) "Traffic noise undoubtedly affects the psychological benefits of natural soundscapes." She said we need

( ) beautiful sounds in nature. Conversely, noise from traffic is annoying and can increase our

( ) being. However, even at low levels, traffic noise reduced feelings of well-being. Researcher Dr Melissa Marselle

( ) enjoy such areas to the fullest". She also suggested lowering speed limits near parks.

( ) identify more quiet outdoor spaces to help people who are feeling stressed.

(***1***) Listening to birds singing has a positive effect on our mental health and well-being. Birdsong is one of the most

( ) More than 1,500 people took part in the study. They listened to nine different soundscapes of natural

( ) on nature's sounds and whether it negatively affects their benefits. She added that we need to

( ) said the modern world is noisy. She said we need to investigate the impact of traffic noise

( ) sounds and traffic noise. The people then answered questions about how relaxed and refreshed

( ) stress. A new study from the University of Surrey in the UK suggests that the noise from

( ) they felt after listening to the sounds. The researchers found that listening to birdsong benefited well-

( ) to think more carefully about adding green spaces to towns, "so that people

( ) traffic may reduce the positive effects of birdsong on our mood. Environmental psychologist Dr Eleanor Ratcliffe said:

PUT THE WORDS IN THE RIGHT ORDER

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

1. Birds a effect has on positive singing us .

2. beautiful is most nature's of one sounds Birdsong .

3. effects may Noise positive reduce the from traffic .

4. affects benefits psychological Traffic noise undoubtedly the .

5. also limits lowering near parks She speed suggested .

6. 1,500 in Over people study took the part .

7. about Answered felt how questions relaxed they .

8. feelings Levels noise of of reduced traffic well-being .

9. impact nature's of on sounds The traffic noise .

10. identify more need outdoor quiet spaces to We .

CIRCLE THE CORRECT WORD (20 PAIRS)

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

Listening to birds singing has a positive *affect / effect* on our mental health and well-being. Birdsong is *one / once* of the most beautiful sounds in nature. Conversely, *noise / noisy* from traffic is annoying and can increase our *stressful / stress*. A new study from the University of Surrey in the UK suggests that the noise *for / from* traffic may reduce the positive effects *to / of* birdsong on our mood. Environmental *psychologist / psychology* Dr Eleanor Ratcliffe said: "Traffic noise undoubtedly affects the psychological benefits of natural soundscapes." She said we need to *believe / think* more carefully about adding *green / greens* spaces to towns, "so that people enjoy such areas to the fullest". She also suggested *slowing / lowering* speed limits near parks.

More than 1,500 people *gave / took* part in the study. They listened to nine *difference / different* soundscapes of natural sounds and traffic noise. The people then answered questions about how relaxed and *refresh / refreshed* they felt after listening to the sounds. The researchers *found / located* that listening to birdsong benefited well-being. However, *ever / even* at low levels, traffic noise reduced *feelings / feels* of well-being. Researcher Dr Melissa Marselle said the modern *world / worlds* is noisy. She said we need to investigate the impact *to / of* traffic noise on nature's sounds and whether it negatively affects *them / their* benefits. She added that we need to identify more quiet outdoor spaces to help people who are *feeling / felt* stressed.

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/2609/260910-birdsong-and-traffic-noise.html

L_st_n_ng t_ b_rds s_ng_ng h_s _ p_s_t_v_ _ff_ct _n __r m_nt_l h__lth _nd w_ll-b__ng. B_rds_ng _s _n_ _f th_ m_st b___t_f_l s__nds _n n_t_r_. C_nv_rs_ly, n__s_ fr_m tr_ff_c _s _nn_y_ng _nd c_n _ncr__s_ __r str_ss. _ n_w st_dy fr_m th_ _n_v_rs_ty _f S_rr_y _n th_ _K s_gg_sts th_t th_ n__s_ fr_m tr_ff_c m_y r_d_c_ th_ p_s_t_v_ _ff_cts _f b_rds_ng _n __r m__d. _nv_r_nm_nt_l psych_l_g_st Dr _l__n_r R_tcl_ff_ s__d: "Tr_ff_c n__s_ _nd__bt_dly _ff_cts th_ psych_l_g_c_l b_n_f_ts _f n_t_r_l s__ndsc_p_s." Sh_ s__d w_ n__d t_ th_nk m_r_ c_r_f_lly _b__t _dd_ng gr__n sp_c_s t_ t_wns, "s_ th_t p__pl_ _nj_y s_ch _r__s t_ th_ f_ll_st". Sh_ _ls_ s_gg_st_d l_w_r_ng sp__d l_m_ts n__r p_rks.

M_r_ th_n 1,500 p__pl_ t__k p_rt _n th_ st_dy. Th_y l_st_n_d t_ n_n_ d_ff_r_nt s__ndsc_p_s _f n_t_r_l s__nds _nd tr_ff_c n__s_. Th_ p__pl_ th_n _nsw_r_d q__st__ns _b__t h_w r_l_x_d _nd r_fr_sh_d th_y f_lt _ft_r l_st_n_ng t_ th_ s__nds. Th_ r_s__rch_rs f__nd th_t l_st_n_ng t_ b_rds_ng b_n_f_t_d w_ll-b__ng. H_w_v_r, _v_n _t l_w l_v_ls, tr_ff_c n__s_ r_d_c_d f__l_ngs _f w_ll-b__ng. R_s__rch_r Dr M_l_ss_ M_rs_ll_ s__d th_ m_d_rn w_rld _s n__sy. Sh_ s__d w_ n__d t_ _nv_st_g_t_ th_ _mp_ct _f tr_ff_c n__s_ _n n_t_r_'s s__nds _nd wh_th_r _t n_g_t_v_ly _ff_cts th__r b_n_f_ts. Sh_ _dd_d th_t w_ n__d t_ _d_nt_fy m_r_ q___t __td__r sp_c_s t_ h_lp p__pl_ wh_ _r_ f__l_ng str_ss_d.

PUNCTUATE THE TEXT AND ADD CAPITALS

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

listening to birds singing has a positive effect on our mental health and wellbeing birdsong is one of the most beautiful sounds in nature conversely noise from traffic is annoying and can increase our stress a new study from the university of surrey in the uk suggests that the noise from traffic may reduce the positive effects of birdsong on our mood environmental psychologist dr eleanor ratcliffe said traffic noise undoubtedly affects the psychological benefits of natural soundscapes she said we need to think more carefully about adding green spaces to towns so that people enjoy such areas to the fullest she also suggested lowering speed limits near parks

more than 1500 people took part in the study they listened to nine different soundscapes of natural sounds and traffic noise the people then answered questions about how relaxed and refreshed they felt after listening to the sounds the researchers found that listening to birdsong benefited wellbeing however even at low levels traffic noise reduced feelings of wellbeing researcher dr melissa marselle said the modern world is noisy she said we need to investigate the impact of traffic noise on natures sounds and whether it negatively affects their benefits she added that we need to identify more quiet outdoor spaces to help people who are feeling stressed

PUT A SLASH (/) WHERE THE SPACES ARE

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

Listeningtobirdssinginghasapositiveeffectonourmentalhealthandwell-being.Birdsongisoneofthemostbeautifulsoundsinnature.Conversely,noisefromtrafficisannoyingandcanincreaseourstress.AnewstudyfromtheUniversityofSurreyintheUKsuggeststhatthenoisefromtrafficmayreducethepositiveeffectsofbirdsongonourmood.EnvironmentalpsychologistDrEleanorRatcliffesaid:"Trafficnoiseundoubtedlyaffectsthepsychologicalbenefitsofnaturalsoundscapes."Shesaidweneedtothinkmorecarefullyaboutaddinggreenspacestotowns,"sothatpeopleenjoysuchareastothefullest".Shealsosuggestedloweringspeedlimitsnearparks.Morethan1,500peopletookpartinthestudy.Theylistenedtoninedifferentsoundscapesofnaturalsoundsandtrafficnoise.Thepeoplethenansweredquestionsabouthowrelaxedandrefreshedtheyfeltafterlisteningtothesounds.Theresearchersfoundthatlisteningtobirdsongbenefitedwell-being.However,evenatlowlevels,trafficnoisereducedfeelingsofwell-being.ResearcherDrMelissaMarsellesaidthemodernworldisnoisy.Shesaidweneedtoinvestigatetheimpactoftrafficnoiseonnature'ssoundsandwhetheritnegativelyaffectstheirbenefits.Sheaddedthatweneedtoidentifymorequietoutdoorspacestohelppeoplewhoarefeelingstressed.

FREE WRITING

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

Write about **birdsong** for 10 minutes. Comment on your partner's paper.

ACADEMIC WRITING

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

Governments need to breed birds and release them into towns. Discuss.

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

4. MORE BIRDS: Write a magazine article about governments breeding birds to release into the wild. 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 birdsong. Ask him/her three questions about it. Give him/her three of your ideas on how we can increase birdsong. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

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

TRUE / FALSE (p.5)

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

SYNONYM MATCH (p.5)

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

COMPREHENSION QUESTIONS (p.9)

1. In nature
2. Annoying
3. Birdsong
4. Green spaces
5. Near parks
6. More than 1,500
7. Nine
8. Well-being
9. It is noisy.
10. People who feel stressed

WORDS IN THE RIGHT ORDER (p.19)

1. Birds singing has a positive effect on us.
2. Birdsong is one of nature's most beautiful sounds.
3. Noise from traffic may reduce the positive effects.
4. Traffic noise undoubtedly affects the psychological benefits.
5. She also suggested lowering speed limits near parks.
6. Over 1,500 people took part in the study.
7. Answered questions about how relaxed they felt.
8. Levels of traffic noise reduced feelings of well-being.
9. The impact of traffic noise on nature's sounds.
10. We need to identify more quiet outdoor spaces.

MULTIPLE CHOICE - QUIZ (p.10)

1. c 2. a 3. b 4. d 5. c 6. b 7. d 8. b 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 ;-)