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Level 3 – 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.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/2107/210723-woodland.html>

Children who live near woodland in a city have better mental health than children who do not. Researchers say children who visit and experience the great outdoors every day develop better thinking skills. They also have a lower risk of behavioural and emotional problems. Lead author of the research Mikael Maes, from University College London, talked about his research. He said: "These findings contribute to our understanding of the natural environment as an important protective factor for [a child's] cognitive development and mental health." Another report author, Professor Kate Jones, said seeing and hearing the sounds of nature provides psychological benefits for children.

In the four-year study, researchers studied 3,568 children aged between 9 and 15 at 31 schools in London. They examined the links between the natural environment and thinking skills, mental health and overall well-being. The researchers calculated how going to woodland and parks, and "blue space" like rivers, lakes and the sea, affected children's health. They asked children to take memory-based tests. The children who visited woodland every day scored higher on the tests. They also had a 17 per cent lower risk of emotional and behavioural problems. Mr Maes recommended all children experience "forest bathing" or "forest therapy". This is "being immersed in 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>

WARM-UPS

1. WOODLAND: Students walk around the class and talk to other students about woodland. 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?

children / woodland / mental health / researchers / outdoors / emotional / sounds / environment / thinking / skills / space / memory / tests / forest / bathing / therapy

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

3. WOODLAND SCHOOLS: Students A **strongly** believe all schools should be in woodland or another natural environment; Students B **strongly** believe otherwise. Change partners again and talk about your conversations.

4. MENTAL HEALTH: How might these places change our mental health? Complete this table with your partner(s). Change partners often and share what you wrote.

	Positively	Negatively
Forests		
Museums		
Beaches		
Offices		
Shopping Malls		
Gardens		

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

6. THINKING SKILLS: Rank these with your partner. Put the best things to improve thinking skills at the top. Change partners often and share your rankings.

- Woodland
- Bananas
- Exercise
- Sleep
- Meditation
- Music
- A nice chair
- Apps

VOCABULARY MATCHING

Paragraph 1

- | | |
|----------------|---|
| 1. outdoors | a. Grow or cause to grow and become more better or more advanced. |
| 2. develop | b. Involving, relating to, or about the way we act. |
| 3. risk | c. An advantage or profit gained from something. |
| 4. behavioural | d. The possibility that something unpleasant or unwelcome will happen. |
| 5. emotional | e. Help to cause or bring about. |
| 6. contribute | f. Any area outside buildings, usually that are far away from human habitation. |
| 7. benefit | g. Relating to a person's feelings. |

Paragraph 2

- | | |
|-----------------|--|
| 8. examined | h. In all parts; taken as a whole. |
| 9. overall | i. Worked out an answer to something. |
| 10. calculated | j. Places of interest for tourists and visitors in a city, town, or other place. |
| 11. affected | k. Advised or suggested something as a course of action. |
| 12. recommended | l. Influenced or touched by an external factor. |
| 13. immersed | m. Looked at someone or something in detail to find out more about them. |
| 14. sights | n. Involved deeply in a particular activity or interest. |

BEFORE READING / LISTENING

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

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

1. The article says children who live in cities have poor mental health. **T / F**
2. Children who spend time in the great outdoors have better thinking skills. **T / F**
3. The research is from a university of forestry in Canada. **T / F**
4. A professor said the sounds of nature benefit children psychologically. **T / F**
5. Researchers looked at the mental health of over 3,500 children. **T / F**
6. The researchers said woodland was better for children than the sea. **T / F**
7. Children who went to woodlands did better on memory-based tests. **T / F**
8. A researcher said forest therapy was much better than forest bathing. **T / F**

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

- | | |
|-------------------------|------------------|
| 1. near | a. connections |
| 2. risk | b. immersed |
| 3. understanding | c. advantages |
| 4. protective | d. worked out |
| 5. benefits | e. chance |
| 6. links | f. psychological |
| 7. overall | g. close to |
| 8. calculated | h. safeguarding |
| 9. emotional | i. general |
| 10. buried | j. awareness |

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

- | | |
|--|-------------------------------|
| 1. Children who live near woodland in a city | a. well-being |
| 2. experience the great | b. the sounds of nature |
| 3. a lower risk of behavioural and | c. scored higher on the tests |
| 4. an important protective | d. and smells of a forest |
| 5. seeing and hearing | e. emotional problems |
| 6. mental health and overall | f. experience forest bathing |
| 7. They asked children to take | g. have better mental health |
| 8. children who visited woodland every day | h. memory-based tests |
| 9. recommended all children | i. outdoors |
| 10. immersed in the sights, sounds | j. factor |

GAP FILL

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

Children who live (1) _____ woodland in a city have better mental health than children who do (2) _____. Researchers say children who visit and experience the great outdoors every day develop (3) _____ thinking skills. They also have a lower risk of behavioural and emotional problems. Lead (4) _____ of the research Mikael Maes, from University College London, talked about his research. He said: "These (5) _____ contribute to our understanding of the natural environment as an important protective factor for [a child's] (6) _____ development and mental health." Another report author, Professor Kate Jones, said (7) _____ and hearing the sounds of nature provides psychological (8) _____ for children.

author
cognitive
near
benefits
better
seeing
not
findings

In the four-year (9) _____, researchers studied 3,568 children aged between 9 and 15 at 31 schools in London. They examined the (10) _____ between the natural environment and thinking skills, mental health and (11) _____ well-being. The researchers calculated how going to woodland and parks, and "blue space" like rivers, (12) _____ and the sea, affected children's health. They asked children to take memory-based (13) _____. The children who visited woodland every day scored higher on the tests. They also had a 17 per cent lower (14) _____ of emotional and behavioural problems. Mr Maes recommended all children (15) _____ "forest bathing" or "forest therapy". This is "being immersed in the (16) _____, sounds and smells of a forest".

overall
risk
links
experience
study
tests
sights
lakes

LISTENING – Guess the answers. Listen to check.

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

- 1) Children who live near woodland in a city have better mental health than children _____
 - a. who do nor
 - b. who do not
 - c. who do now
 - d. who do non
- 2) Researchers say children who visit and experience _____
 - a. the greet outdoors
 - b. the grate outdoors
 - c. the glade outdoors
 - d. the great outdoors
- 3) ... every day develop better thinking skills. They also have _____
 - a. a lower risky
 - b. a lower risks
 - c. a lower risked
 - d. a lower risk
- 4) our understanding of the natural environment as an important _____
 - a. protective factor
 - b. protective factory
 - c. protective fact tor
 - d. protective fact or
- 5) seeing and hearing the sounds of nature provides psychological _____
 - a. beneficial for children
 - b. benefits for chill drain
 - c. benefits for chilled drain
 - d. benefits for chill den
- 6) the natural environment and thinking skills, mental health and _____
 - a. over all well-being
 - b. ovary well-being
 - c. overall well-being
 - d. overalls well-being
- 7) ... affected children's health. They asked children to take _____
 - a. memory-based tests
 - b. memory-baste tests
 - c. memory-biased tests
 - d. memory-base tests
- 8) The children who visited woodland every _____
 - a. day scored heights
 - b. day scored higher
 - c. day scored heighten
 - d. day scored hire
- 9) Mr Maes recommended all children experience "forest bathing" _____
 - a. or "forest there ape"
 - b. or "forest their ape"
 - c. or "forest therapy"
 - d. or "forest terror pea"
- 10) This is "being immersed in the sights, sounds and _____ forest"
 - a. smalls of a
 - b. smiles of a
 - c. similes of a
 - d. smells of a

LISTENING – Listen and fill in the gaps

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

Children who live near woodland in a (1) _____ mental health than children who do not. Researchers say children who visit and experience (2) _____ every day develop better thinking skills. They also have a lower risk of behavioural and emotional problems. Lead (3) _____ research Mikael Maes, from University College London, talked about his research. He said: "These findings contribute to our understanding (4) _____ environment as an important protective (5) _____ child's cognitive development and mental health." Another report author, Professor Kate Jones, said seeing and hearing the sounds of nature provides psychological (6) _____.

In the (7) _____, researchers studied 3,568 children aged between 9 and 15 at 31 schools in London. They examined the links between the natural environment (8) _____, mental health and overall well-being. The researchers (9) _____ to woodland and parks, and "blue space" like rivers, lakes and the sea, affected children's health. They asked children to take (10) _____. The children who visited woodland every day scored higher on the tests. They also had a 17 per cent (11) _____ emotional and behavioural problems. Mr Maes recommended all children experience "forest bathing" or "forest therapy". This is "being (12) _____ sights, sounds and smells of a forest".

COMPREHENSION QUESTIONS

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

1. What experience did researchers say helped children?
2. What do children who visit woodland have a lower risk of?
3. What is the university that conducted this research?
4. What do the study's findings contribute to researchers' understanding of?
5. What benefits did a professor say the sounds of nature gave children?
6. How many children did researchers look at in their study?
7. What did the researchers call rivers, lakes and seas?
8. What kinds of tests did children take?
9. What other term for "forest bathing" is used in the article?
10. What does forest bathing immerse people in?

MULTIPLE CHOICE - QUIZ

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

- 1) What experience did researchers say helped children?
 - a) work experience
 - b) experience of the great outdoors
 - c) planting one million trees
 - d) taking part in the research
- 2) What do children who visit woodland have a lower risk of?
 - a) visiting cities
 - b) green fingers
 - c) behavioural and emotional problems
 - d) not getting to university
- 3) What is the university that conducted this research?
 - a) Tokyo University
 - b) MIT
 - c) Cairo University
 - d) University College London
- 4) What do the study's findings contribute to researchers' understanding of?
 - a) children
 - b) the natural environment
 - c) woodland education
 - d) science
- 5) What benefits did a professor say the sounds of nature gave children?
 - a) psychological benefits
 - b) hands-on benefits
 - c) survival skills
 - d) the benefits of seeing birds
- 6) How many children did researchers look at in their study?
 - a) 3,568
 - b) 3,658
 - c) 3,586
 - d) 3,865
- 7) What did the researchers call rivers, lakes and seas?
 - a) mind refreshment
 - b) open water
 - c) wet
 - d) blue space
- 8) What kinds of tests did children take?
 - a) tree-climbing tests
 - b) bird-name tests
 - c) memory-based tests
 - d) botany tests
- 9) What other term for "forest bathing" is used in the article?
 - a) forest washing
 - b) forest showering
 - c) forest mindfulness
 - d) forest therapy
- 10) What does forest bathing immerse people in?
 - a) puddles, dew and mist
 - b) sights, sounds and smells of a forest
 - c) bird song and animal cries
 - d) the wonder of leaves

ROLE PLAY

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

Role A – Woodland

You think woodland is the best way to improve thinking skills. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): exercise, sleep or apps.

Role B – Exercise

You think exercise is the best way to improve thinking skills. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): woodland, sleep or apps.

Role C – Sleep

You think sleep is the best way to improve thinking skills. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): exercise, woodland or apps.

Role D – Apps

You think apps are the best way to improve thinking skills. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): exercise, sleep or woodland.

AFTER READING / LISTENING

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

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'woodland' and 'health'.

woodland	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">• near• great• lower• talked• factor• sounds	<ul style="list-style-type: none">• 9• links• blue• take• 17• being
---	--

WOODLAND SURVEY

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

WOODLAND 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 'wood'?
3. How important is woodland to you?
4. How often did you play in woodland when you were younger?
5. How can woodland benefit children?
6. What helped your thinking skills to develop?
7. How does the natural environment help mental health?
8. How do the sounds of nature make you feel?
9. How do the sounds of the city make you feel?
10. Is the real jungle or the concrete jungle better?

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WOODLAND 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 'health'?
13. What do you think about what you read?
14. Is it better to grow up in a city or the countryside?
15. How might cities affect children's health?
16. Which is better - the countryside or the seaside?
17. How do you do on memory-based tests?
18. What do you think of the idea of 'forest bathing'?
19. Would you like to be immersed in the sights, sounds and smells of woods?
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/2107/210723-woodland.html>

Children who live (1) _____ woodland in a city have better mental health than children who do not. Researchers say children who visit and experience the (2) _____ outdoors every day develop better thinking skills. They also have a lower risk of behavioural and emotional problems. (3) _____ author of the research Mikael Maes, from University College London, talked about his research. He said: "These (4) _____ contribute to our understanding of the natural environment as an important protective (5) _____ for [a child's] cognitive development and mental health." Another report author, Professor Kate Jones, said seeing and hearing the sounds of nature provides psychological benefits (6) _____ children.

In the four-year study, researchers studied 3,568 children aged between 9 and 15 at 31 schools in London. They examined the links (7) _____ the natural environment and thinking skills, mental health and overall well-being. The researchers (8) _____ how going to woodland and parks, and "blue space" like rivers, lakes and the sea, affected children's health. They asked children to (9) _____ memory-based tests. The children who visited woodland every day scored higher (10) _____ the tests. They also had a 17 per cent lower risk of emotional and behavioural problems. Mr Maes recommended (11) _____ children experience "forest bathing" or "forest therapy". This is "(12) _____ immersed in the sights, sounds and smells of a forest".

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

- | | | | | |
|-----|-------------|--------------|----------------|--------------|
| 1. | (a) nearly | (b) near | (c) neared | (d) nears |
| 2. | (a) greats | (b) great | (c) greatly | (d) grate |
| 3. | (a) Leads | (b) Leader | (c) Leadership | (d) Lead |
| 4. | (a) find | (b) findings | (c) finders | (d) funding |
| 5. | (a) factory | (b) factor | (c) factored | (d) factored |
| 6. | (a) by | (b) at | (c) for | (d) as |
| 7. | (a) amid | (b) among | (c) between | (d) over |
| 8. | (a) summed | (b) surmised | (c) calculated | (d) estimate |
| 9. | (a) lake | (b) rake | (c) bake | (d) take |
| 10. | (a) on | (b) of | (c) by | (d) as |
| 11. | (a) all | (b) whole | (c) entire | (d) really |
| 12. | (a) been | (b) be | (c) being | (d) begin |

SPELLING

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

Paragraph 1

1. experience the great sudtrooo
2. evdploe better thinking skills
3. antomoeil problems
4. an important protective actrfo
5. hearing the sounds of anuret
6. psychological iseetfnb for children

Paragraph 2

7. They iemdeanx the links
8. The researchers lleduactca how
9. fdecafet children's health
10. take mmyreo-based tests
11. forest arhpyet
12. the ssghti, sounds and smells

PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

- () In the four-year study, researchers studied 3,568 children aged between 9 and 15 at 31 schools
- (**1**) Children who live near woodland in a city have better mental health than children who
- () skills. They also have a lower risk of behavioural and emotional problems. Lead author of the
- () or "forest therapy". This is "being immersed in the sights, sounds and smells of a forest".
- () in London. They examined the links between the natural environment and thinking skills, mental health and overall
- () research Mikael Maes, from University College London, talked about his research. He said: "These findings contribute
- () like rivers, lakes and the sea, affected children's health. They asked children to take memory-based
- () do not. Researchers say children who visit and experience the great outdoors every day develop better thinking
- () risk of emotional and behavioural problems. Mr Maes recommended all children experience "forest bathing"
- () to our understanding of the natural environment as an important protective factor for [a child's] cognitive development
- () well-being. The researchers calculated how going to woodland and parks, and "blue space"
- () and mental health." Another report author, Professor Kate Jones, said seeing
- () tests. The children who visited woodland every day scored higher on the tests. They also had a 17 per cent lower
- () and hearing the sounds of nature provides psychological benefits for children.

PUT THE WORDS IN THE RIGHT ORDER

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

1. near Children live a woodland who in city .
2. who visit outdoors . great and Children the experience
3. to these contribute He our said findings understanding .
4. development . a factor child's important An for
5. children . nature of provide benefits for Sounds psychological
6. thinking the natural between Links skills . and environment
7. asked children to memory-based They tests . take
8. scored visited higher . every Children woodland day who
9. all forest Mr recommended experience bathing . children Maes
10. a sights in immersed forest . Being the of

CIRCLE THE CORRECT WORD (20 PAIRS)

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

Children who live *near / nearly* woodland in a city have better mental health than children who do *now / not*. Researchers say children who visit and experience the *well / great* outdoors every day develop better thinking skills. They also have a lower *risk / brisk* of behavioural and emotional problems. *Lead / Leader* author of the research Mikael Maes, from University College London, talked about his research. He said: "*These / Them* findings contribute to our *understanding / understand* of the natural environment as an important protective *factor / factory* for [a child's] cognitive development and mental health." Another report author, Professor Kate Jones, said *saw / seeing* and hearing the sounds of nature provides psychological benefits *at / for* children.

In the four-year study, *research / researchers* studied 3,568 children aged between 9 and 15 *on / at* 31 schools in London. They examined the *lines / links* between the natural environment and thinking skills, *mentally / mental* health and overall well-being. The researchers calculated how *gone / going* to woodland and parks, and "blue space" like rivers, lakes and the sea, affected children's *healthy / health*. They asked children to take memory-based tests. The children who visited woodland every *day / daily* scored higher on the tests. They also had a 17 per cent *lower / lows* risk of emotional and behavioural problems. Mr Maes recommended *tall / all* children experience "forest bathing" or "forest therapy". This is "being immersed in the sights, sounds and *smelly / smells* of a forest".

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

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

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

Ch_ldr_n wh_ l_v_ n__r w__dl_nd _n _ c_ty h_v_
b_tt_r m_nt_l h__lth th_n ch_ldr_n wh_ d_ n_t.
R_s__rch_rs s_y ch_ldr_n wh_ v_s_t _nd _xp_r__nc_
th_ gr__t __td__rs _v_ry d_y d_v_l_p b_tt_r th_nk_ng
sk_lls. Th_y _ls_ h_v_ _ l_w_r r_sk _f b_h_v__r_l
_nd _m_t__n_l pr_bl_ms. L__d __th_r _f th_ r_s__rch
M_k__l M__s, fr_m _n_v_rs_ty C_ll_g_ L_nd_n, t_lk_d
_b__t h_s r_s__rch. H_ s__d: "Th_s_ f_nd_ngs
c_ntr_b_t_ t_ __r _nd_rst_nd_ng _f th_ n_t_r_l
_nv_r_nm_nt _s _n _mp_rt_nt pr_t_ct_v_ f_ct_r fr [_
ch_ld's] c_gn_t_v_ d_v_l_pm_nt _nd m_nt_l h__lth."
_n_th_r r_p_rt __th_r, Pr_f_ss_r K_t_ J_n_s, s__d
s__ng _nd h__r_ng th_ s__nds _f n_t_r_ pr_v_d_s
psych_l_g_c_l b_n_f_ts f_r ch_ldr_n.

n th f__r-y__r st_dy, r_s__rch_rs st_d__d 3,568
ch_ldr_n _g_d b_tw__n 9 _nd 15 _t 31 sch__ls _n
L_nd_n. Th_y _x_m_n_d th_ l_nks b_tw__n th_ n_t_r_l
_nv_r_nm_nt _nd th_nk_ng sk_lls, m_nt_l h__lth _nd
_v_r_ll w_ll-b__ng. Th_ r_s__rch_rs c_lcl_t_d h_w
g__ng t_ w__dl_nd _nd p_rks, _nd "bl__ sp_c_" l_k_
r_v_rs, l_k_s _nd th_ s__, _ff_ct_d ch_ldr_n's h__lth.
Th_y _sk_d ch_ldr_n t_ t_k_ m_m_ry-b_s_d t_sts. Th_
ch_ldr_n wh_ v_s_t_d w__dl_nd _v_ry d_y sc_r_d
h_gh_r _n th_ t_sts. Th_y _ls_ h_d _ 17 p_r c_nt
l_w_r r_sk _f _m_t__n_l _nd b_h_v__r_l pr_bl_ms. Mr
M__s r_c_mm_nd_d _ll ch_ldr_n _xp_r__nc_ "f_r_st
b_th_ng" _r "f_r_st th_r_py". Th_s _s "b__ng _mm_rs_d
n th s_ghts, s__nds _nd sm_lls _f _ f_r_st".

PUNCTUATE THE TEXT AND ADD CAPITALS

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

children who live near woodland in a city have better mental health than children who do not researchers say children who visit and experience the great outdoors every day develop better thinking skills they also have a lower risk of behavioural and emotional problems lead author of the research mikael Maes, from University College London, talked about his research he said these findings contribute to our understanding of the natural environment as an important protective factor for a child's cognitive development and mental health another report author professor kate jones said seeing and hearing the sounds of nature provides psychological benefits for children

in the four-year study researchers studied 3568 children aged between 9 and 15 at 31 schools in london they examined the links between the natural environment and thinking skills mental health and overall wellbeing the researchers calculated how going to woodland and parks and blue space like rivers lakes and the sea affected children's health they asked children to take memory-based tests the children who visited woodland every day scored higher on the tests they also had a 17 per cent lower risk of emotional and behavioural problems mr maes recommended all children experience forest bathing or forest therapy this is being immersed in the sights sounds and smells of a forest

PUT A SLASH (/) WHERE THE SPACES ARE

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

Children who live near woodland in a city have better mental health than children who do not. Researchers say children who visit and experience the great outdoors every day develop better thinking skills. They also have a lower risk of behavioural and emotional problems. Lead author of the research Mikael Maes, from University College London, talked about this research. He said: "These findings contribute to our understanding of the natural environment as an important protective factor for [a child's] cognitive development and mental health." Another report author, Professor Kate Jones, said seeing and hearing the sounds of nature provides psychological benefits for children. In the four-year study, researchers studied 3,568 children aged between 9 and 15 at 31 schools in London. They examined the links between the natural environment and thinking skills, mental health and overall well-being. The researchers calculated how going to woodland and parks, and "blue space" like rivers, lakes and the sea, affected children's health. They asked children to take memory-based tests. The children who visited woodland every day scored higher on the tests. They also had a 17 percent lower risk of emotional and behavioural problems. Mr Maes recommended all children experience "forest bathing" or "forest therapy". This is "being immersed in the sights, sounds and smells of a forest".

HOMWORK

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

4. FOREST SCHOOLS: Write a magazine article about building schools in forests. 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 woodland. Ask him/her three questions about it. Give him/her three of your ideas on how to get more children to visit woodland. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

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

TRUE / FALSE (p.5)

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

SYNONYM MATCH (p.5)

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

COMPREHENSION QUESTIONS (p.9)

- Experience of the great outdoors
- Behavioural and emotional problems
- University College London
- The natural environment
- Psychological benefits
- 3,568
- Blue space
- Memory-based tests
- Forest therapy
- The sights, sounds and smells of a forest

WORDS IN THE RIGHT ORDER (p.19)

- Children who live near woodland in a city.
- Children who visit and experience the great outdoors.
- He said these findings contribute to our understanding.
- An important factor for a child's development.
- Sounds of nature provide psychological benefits for children.
- Links between the natural environment and thinking skills.
- They asked children to take memory-based tests.
- Children who visited woodland every day scored higher.
- Mr Maes recommended all children experience forest bathing.
- Being immersed in the sights of a forest.

MULTIPLE CHOICE - QUIZ (p.10)

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

ALL OTHER EXERCISES

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