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**Level 0 – 12th September 2024**

## **Nature can reduce anxiety and boost mental health**

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

<https://breakingnewsenglish.com/2409/240912-nature-and-mental-health-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/2409/240912-nature-and-mental-health-0.html>

Standing in nature for 10 minutes is good for our mental health. Even gardening can help us. A study found that nature makes us see other people as "more human". This makes us help others, so we feel more positive about ourselves. Helping other people reduces our stress.

More people are suffering from stress, depression, and other problems. One in five Americans has a mental health problem. The research has good advice. It says being in nature helps us sleep better. Another study found that workers who had flowers on their desk became calmer after 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>

# PHRASE MATCHING

From <https://breakingnewsenglish.com/2409/240912-nature-and-mental-health-0.html>

## PARAGRAPH ONE:

- |                              |                       |
|------------------------------|-----------------------|
| 1. Standing in nature        | a. about ourselves    |
| 2. good for our              | b. help us            |
| 3. Even gardening can        | c. others             |
| 4. A study                   | d. reduces our stress |
| 5. see other people as "more | e. for 10 minutes     |
| 6. This makes us help        | f. found that         |
| 7. we feel more positive     | g. mental health      |
| 8. Helping other people      | h. human"             |

## PARAGRAPH TWO:

- |                                   |                          |
|-----------------------------------|--------------------------|
| 1. More people are                | a. their desk            |
| 2. depression and other           | b. Americans             |
| 3. One in five                    | c. problems              |
| 4. The research has good          | d. study                 |
| 5. being in nature helps us sleep | e. suffering from stress |
| 6. Another                        | f. after four minutes    |
| 7. flowers on                     | g. better                |
| 8. became calmer                  | h. advice                |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2409/240912-nature-and-mental-health-0.html>

Standing (1) \_\_\_\_\_ 10 minutes is good

(2) \_\_\_\_\_ health. Even gardening

(3) \_\_\_\_\_. A study found that nature makes us

(4) \_\_\_\_\_ as "more human". This makes us

help others, so we (5) \_\_\_\_\_ about ourselves.

Helping other people (6) \_\_\_\_\_.

More people (7) \_\_\_\_\_ stress, depression, and

other problems. (8) \_\_\_\_\_ Americans has a

mental health problem. The research (9) \_\_\_\_\_.

It says being in nature (10) \_\_\_\_\_ better.

Another (11) \_\_\_\_\_ workers who had flowers

on their desk became calmer (12) \_\_\_\_\_.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2409/240912-nature-and-mental-health-0.html>

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can help us. A study found that nature makes us see other people as

"more human". This makes us help others, so we feel more positive about

ourselves. Helping other people reduces our stress. More people are suffering

from stress, depression, and other problems. One in five Americans

has a mental health problem. The research has good advice. It says being

in nature helps us sleep better. Another study found that workers who had

flowers on their desk became calmer after four minutes.

# NATURE SURVEY

From <https://breakingnewsenglish.com/2409/240912-nature-and-mental-health-0.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.

# WRITE QUESTIONS & ASK YOUR PARTNER(S)

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

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

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

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

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

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

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

*Nature can reduce anxiety and boost mental health – 12th September 2024*  
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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/2409/240912-nature-and-mental-health-0.html>

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

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