

Breaking News English.com

Ready-to-Use English Lessons by Sean Banville

**"1,000 IDEAS & ACTIVITIES
FOR LANGUAGE TEACHERS"**

breakingnewsenglish.com/book.html

**Thousands more free lessons
from Sean's other websites**

www.freematerials.com/sean_banville_lessons.html

Level 1 – 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-1.html>

Contents

The Reading	2
Phrase Matching	3
Listening Gap Fill	4
No Spaces	5
Survey	6
Writing and Speaking	7
Writing	8

Please try Levels 0, 2 and 3. They are (a little) harder.

X (Twitter)



[X.com/SeanBanville](https://x.com/SeanBanville)

Facebook



www.facebook.com/pages/BreakingNewsEnglish/155625444452176

THE READING

From <https://breakingnewsenglish.com/2409/240912-nature-and-mental-health-1.html>

Being in nature for 10 minutes is good for our mental health. It can help improve our relationships. Even gardening can help. A study from Hong Kong found that nature makes us see other people as "more human". Researchers say this makes us help others. 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 a growing problem. More people are suffering from stress, depression, and other disorders. In the USA, one in five people has mental health problems. The research has good advice. It says being near trees or in fields helps us sleep better and helps us focus. A study from Japan found that flowers have positive effects on mental health. It said workers who had a vase of roses on their desk became calmer 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>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2409/240912-nature-and-mental-health-1.html>

PARAGRAPH ONE:

- | | |
|----------------------------------|--------------------|
| 1. Being in nature | a. other people |
| 2. good for our | b. relationships |
| 3. It can help improve our | c. about ourselves |
| 4. Even gardening | d. for 10 minutes |
| 5. nature makes us see | e. and anxiety |
| 6. Researchers say this makes us | f. can help |
| 7. feel better | g. mental health |
| 8. reduce our stress | h. help others |

PARAGRAPH TWO:

- | | |
|-------------------------------|--------------------------|
| 1. Mental health is a growing | a. five people |
| 2. More people are | b. from Japan |
| 3. other | c. of roses |
| 4. one in | d. suffering from stress |
| 5. being near trees | e. disorders |
| 6. A study | f. positive effects |
| 7. flowers have | g. problem |
| 8. a vase | h. or in fields |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2409/240912-nature-and-mental-health-1.html>

Being (1) _____ 10 minutes is good for our mental health. It can (2) _____ relationships. Even gardening can help. A study from Hong Kong found that nature (3) _____ other people as "more human". Researchers say this makes us help others. This makes us (4) _____ ourselves. We feel more positive, (5) _____ health improves. Helping other people can also (6) _____ and anxiety.

Mental health is (7) _____. More people are (8) _____, depression, and other disorders. In the USA, (9) _____ people has mental health problems. The research (10) _____. It says being near trees or in fields helps us sleep better and helps us focus. A study from Japan found that flowers (11) _____ on mental health. It said workers who had a vase of roses on their desk (12) _____ just four minutes.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2409/240912-nature-and-mental-health-1.html>

Being in nature for 10 minutes is good for our mental health. It can help improve our relationships. Even gardening can help. A study from Hong Kong found that nature makes us see other people as "more human". Researchers say this makes us help others. 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 a growing problem. More people are suffering from stress, depression, and other disorders. In the USA, one in five people has mental health problems. There is research with good advice. It says being near trees or in fields helps us sleep better and helps us focus. A study from Japan found that flowers have positive effects on mental health. It said workers who had a vase of roses on their desk became calmer after just four minutes.

NATURE SURVEY

From <https://breakingnewsenglish.com/2409/240912-nature-and-mental-health-4.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
More free lessons at breakingnewsenglish.com

WRITE QUESTIONS & ASK YOUR PARTNER(S)

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

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

