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Level 2 – 12th September 2024

Nature can reduce anxiety and boost mental health

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<https://breakingnewsenglish.com/2409/240912-nature-and-mental-health-2.html>

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Please try Levels 0, 1 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2409/240912-nature-and-mental-health-2.html>

Being in nature is good for us. New research says that being in nature for 10 minutes can help our mental health. Spending time with others in natural environments can also help relationships. Even gardening can make a difference. A study from the City University of Hong Kong found that nature makes us see other people as more "fully human". The researchers say this makes us help others more. 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 around the world. More people are suffering from anxiety, depression, and other disorders. In the USA, one in five Americans has mental health problems. The research has good advice on how nature can help us. It says time spent among trees or in fields helps us sleep better and improves our concentration. Moreover, a study from Japan found that flowers have positive effects on mental health. Researchers found that employees 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-2.html>

PARAGRAPH ONE:

- | | |
|----------------------------|---------------------|
| 1. Being in nature is good | a. see other people |
| 2. being in nature | b. environments |
| 3. Spending time with | c. positive |
| 4. natural | d. others |
| 5. Even gardening can make | e. and anxiety |
| 6. nature makes us | f. for us |
| 7. We feel more | g. a difference |
| 8. reduce our stress | h. for 10 minutes |

PARAGRAPH TWO:

- | | |
|--------------------------|---------------------------|
| 1. Mental health is a | a. concentration |
| 2. More people are | b. five Americans |
| 3. one in | c. roses |
| 4. The research has good | d. suffering from anxiety |
| 5. improves our | e. effects |
| 6. flowers have positive | f. advice |
| 7. a vase of | g. four minutes |
| 8. calmer after just | h. growing problem |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2409/240912-nature-and-mental-health-2.html>

Being in nature is (1) _____. New research says that being in nature for 10 minutes can help our mental health. Spending (2) _____ in natural environments can also help relationships. Even gardening can (3) _____. A study from the City University of Hong Kong found that nature makes us (4) _____ as more "fully human". The researchers say this makes us help others more. This makes (5) _____ about ourselves. We feel more positive, so our mental health improves. Helping other people can also (6) _____ and anxiety.

Mental health (7) _____ problem around the world. More people (8) _____ anxiety, depression, and other disorders. In the USA, one in five Americans has mental health problems. The research has (9) _____ how nature can help us. It says time spent among trees or in fields helps us sleep (10) _____ our concentration. Moreover, a study from Japan found that flowers have (11) _____ mental health. Researchers found that employees 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-2.html>

Being in nature is good for us. New research says that being in nature for 10 minutes can help our mental health. Spending time with others in natural environments can also help relationships. Even gardening can make a difference. A study from the City University of Hong Kong found that nature makes us see other people as more "fully human". The researchers say this makes us help others more. 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 around the world. More people are suffering from anxiety, depression, and other disorders. In the USA, one in five Americans has mental health problems. The research has good advice on how nature can help us. If a little time spent among trees or in fields helps us sleep better and improves our concentration. Moreover, a study from Japan found that flowers have a positive effect on mental health. Researchers found that employees 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-2.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) _____

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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) _____

