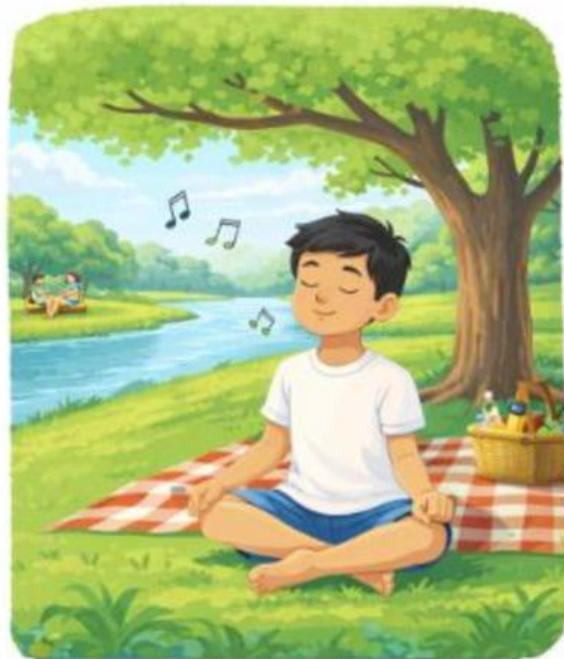


## Unit 6 – Lesson 7



## How Nature Helps Me Relax



When I get stressed about school, I ..... take deep breaths until I calm down. I do the same thing if any of my friends stress me out. If I'm feeling ..... over a long period of time, I go to the .....





## Unit 6 – Lesson 7

I ..... visit Manza Beach near my home in Okinawa, Japan. My mom, dad, and older brother sometimes ..... me there. I like to walk on the beach and ..... my toes in the sand.

Sometimes, I just ..... or sit, close my eyes, and ..... the water. The sound of the waves hitting the beach makes me very .....



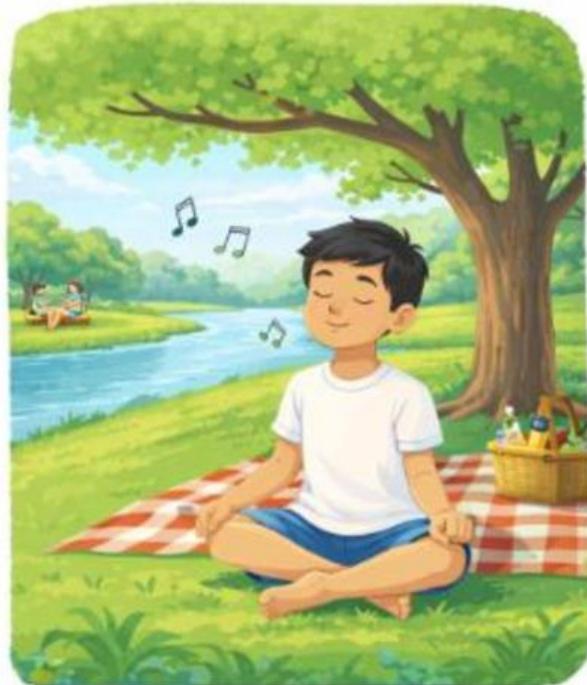
It's the same sound over, and over, and over again. Sometimes I'm still, but other times it ..... me to move very fast, and I run or do ..... on the beach.



## Unit 6 – Lesson 7



I think ..... is a great way to reduce stress. There are many different ..... to be around nature. The beach is great, but I don't always have time to go there. Sometimes, I go to the park .....



I enjoy ..... a walk near the trees or ..... a picnic on the grass. You can also just ..... on a bench and ..... to the birds. Or, you can relax by the river. It's a perfect way to listen to the water without going to the ocean.

