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|---|---|
| **READING** | |
| Student's name: ..... | Teacher's name : ..... |
| Gender:..... | Room.....Time: ..... |
| Date: ..... | Level: 4B |

## Read the Text

## Nature Heals

Life can be stressful. Many people spend hours every day staring at a screen – for work, for study and also for entertainment. Our use of technology means that around the world the amount of time people spend outside is decreasing. And yet, spending time in nature, whether it's a short walk by yourself through a city park or a whole day mountain biking with friends, is one of the cheapest and most effective ways of improving our physical health and helping us to feel happier and less anxious.

In fact, although getting outside is really important, we don't always have to leave our house to experience some of the benefits of nature. Having plants and flowers in our home, listening to birdsong, caring for pets and even just looking at nature through a window can help us to feel calmer and more positive.

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Spending time in nature can also help with our ability to think and understand information. In one experiment, researchers gave students a long and boring task. They then asked some of these students to stop doing their task for forty seconds and look at a roof that was covered in plants, while other students looked at a plain roof with no plants. When the first group of students returned to their task, they made fewer mistakes than the other students.

And finally, nature also seems to affect our behaviour. Research has shown that people are kinder and think more about other people when they watch videos about nature or spend time outside. So, what are you waiting for? Why don't you switch off your computer and take a break outside!

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## Exercise 1: Choose the correct answer.

**1.** We are spending less time in nature because ...

**a.** there are fewer green spaces.

**b.** we spend more time using technology.

**c.** we can see nature on our screens.

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**2.** Looking after animals and hearing the sounds of wildlife are examples of ...

**a.** ways we can experience nature inside our home.

**b.** reasons to go outside and experience nature.

**c.** the most positive ways to experience nature.

**3.** In the experiment, some students ...

**a.** made fewer mistakes because they took longer breaks.

**b.** made fewer mistakes because they looked at a view that showed nature.

**c.** made fewer mistakes because they stayed inside during their break.

**4.** According to research, ...

**a.** people who are kind to others are more interested in nature.

**b.** people spend more time with others when they are outside.

**c.** spending time in nature makes people kinder.

**5.** The article provides a supporting example to prove that..

**a.** looking at nature can help us do tasks better.

**b.** looking at nature can make us feel happier.

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**c.** looking at nature can be as positive as spending time outside.

## Exercise 2: True, False, or Not Given

1. According to the text, mountain biking has more benefits than taking short walks. _____
2. You can feel some of the positive effects from nature even when you're at home. _____
3. The experiment shows that experiencing nature helps us to use our brains better. _____
4. People who spend time outside are kinder than people who watch videos of nature. _____
5. The text's main message is that technology can help us to understand nature better. _____

## Exercise 3: Choose the correct answer.

1. The writer mentions work, study, and entertainment mainly to show that:

**a.** technology is bad for people.

**b.** people use screens for many parts of their daily lives.

**c.** most people only use screens for entertainment.

2. Why is spending time in nature described as one of the cheapest ways to improve health?

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**a.** It usually costs little or no money.

**b.** It helps people earn more money.

**c.** It is cheaper than using technology.

**3.** Which statement best matches the writer's opinion about nature?

**a.** Nature can have benefits even when people experience it from home.

**b.** Nature is helpful only if people spend a whole day outside.

**c.** Nature is useful only for improving physical health.

**4.** What was the main difference between the two roofs in the experiment?

**a.** One roof was larger than the other.

**b.** One roof was covered in plants, and the other was plain.

**c.** One roof was indoors, and the other was outdoors.

**5.** According to the article, spending time in nature can help people feel _____.

**a.** stronger and more competitive

**b.** busier and more active

**c.** calmer and more positive

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Exercise 4:Complete the notes using **ONE WORD OR NUMBER** from the text.

1. People spend less time outside because they use more _____.
2. Nature can improve both physical health and our _____ well-being.
3. People can experience nature at home by keeping _____ and flowers.
4. In the experiment, students looked at the roofs for _____ seconds.
5. After seeing nature, students made fewer _____.
6. Research suggests that nature can affect our _____.

Exercise 5: Match the information to the correct paragraph (1–4).

| Information | Paragraph |
|---|---|
| Nature can improve thinking skills. | _____ |
| Nature can affect behaviour. | _____ |
| Technology has reduced time spent outdoors. | _____ |
| Nature can be experienced at home. | _____ |

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