



Listening Project 2 week 4

Listen to someone talk about tree hugging and decide if each of the statements below are **True (T)** or **False (F)**.

- Hugging a tree doesn't have many health benefits. ☐ T ☐ F
- Depression can be reduced by hugging a tree. ☐ T ☐ F
- Children only see cognitive benefits when they hug a tree. ☐ T ☐ F
- There are three hormones involved when you hug a tree. ☐ T ☐ F
- Hugging trees is a good way to reduce stress. ☐ T ☐ F

INTERESTING FACT



Our brains release hormones as a reaction to many different situations. These can make us feel better, like in the case of hugging trees, or make us feel anger or ready to fight. These are natural, physiological reactions that our bodies produce as a response to a stimulus.

