



Name:

Date:

Class:

## Hug a tree!



### **LISTENING**

**1. 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.

Depression can be reduced by hugging a tree.

Children only see cognitive benefits when they hug a tree.

There are three hormones involved when you hug a tree.

Hugging trees is a good way to reduce stress.



**Listen to the recording again. Reflect on the questions below. Answer them in complete sentences. Use at least 20 words, include connectors and conjunctions.**

**2. Do you believe what the person says about the benefits of hugging trees? Why or why not? Use at least 20 words**

**3. How can people determine the effects of something like hugging trees? Use at least 20 words**

**4. Label the trees' names, take the names from the reading.**



## **READING**

### **Miss human hugs? Hug a tree, it's good for your health**

Lloyd Singleton

Director of the N.C. Cooperative Extension Center for New Hanover County at the Arboretum

Have you hugged a tree today? Research points to a plethora of positive health benefits for the human physiological and psychological systems associated with a practice of immersing oneself in nature by mindfully using all five senses. Just walking in a forest has relaxing effects; it was found to lower blood pressure and heart rates, induce a positive mood, and reduce anxiety levels. Just imagine what a tree hug will do.



**5. Which are the relaxing effects that you can get when you walk by the forest.**

I miss the frequent pre-pandemic human hugs; I find that hugging a tree is a safe, rewarding alternative. The spongy bark of a Longleaf Pine practically hugs back. The highly textured and sturdy periderm of a Live Oak grounds me in its embrace. The silky smooth and nearly soft peel of Sycamore calms my soul. I encourage you to try the same, engage your senses and feel the reward.

**6. Mention how the author of this article feels when hugs a trees.**

The concept of nature therapy is defined as “a set of practices aimed at achieving ‘preventive medical effects’ through exposure to natural stimuli that render a state of physiological relaxation and boost the weakened immune functions to prevent diseases”. Other therapeutic effects are found for the cardiovascular system, including hypertension and coronary artery disease, the respiratory system, mood disorders and stress, and mental relaxation. Nature also inspires the human feelings of awe, supporting an increase in gratitude and selflessness. Doesn’t that sound nice about now?

**7. Mention some of therapeutic effects as a result of hugging a tree.**

Individuals living and interacting in green spaces report being more energetic, in good overall health and have more of a sense of meaningful purpose in life. Current scientific findings are illuminating what humans intuitively know: nature has great benefits for the human brain. This is shown through increased happiness, health, well-being and cognition. In human history, Cyrus the Great built lush green gardens in the crowded urban capital of Persia 2,500 years ago to increase human health and promote a sense of “calm” in a busy city. Calm sounds good to me.

**8. Hugging a tree may be considered part of good preventive health care and healing. Which tree would you like to hug and why?**

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