

Listening

Listen to this podcast about forest bathing and answer the questions.

1. Which parts of trees are mentioned? bark, branches, flowers, fruit, leaves, roots, seed, trunk, twig
2. What is forest bathing?
3. What does the reporter think about forest bathing?

Listen again and choose the verb form that you hear.

1. I'm loving / love to spend time in the forest.
2. Now, we're looking / look at my favourite tree.
3. It's looking / looks so green!
4. I'm listening / listen to the sounds in the forest.
5. I'm hearing / hear the wind in the leaves.
6. It's sounding / sounds so peaceful.
7. And now I'm smelling / smell the leaves.
8. They're smelling / smell really fresh.
9. I'm tasting / taste some of the fruit.
10. It's tasting / tastes sweet.
11. OK, I'm touching / touch the bark.
12. It's feeling / feels rough.

Which two verb forms are you choosing between in this exercise?