

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?