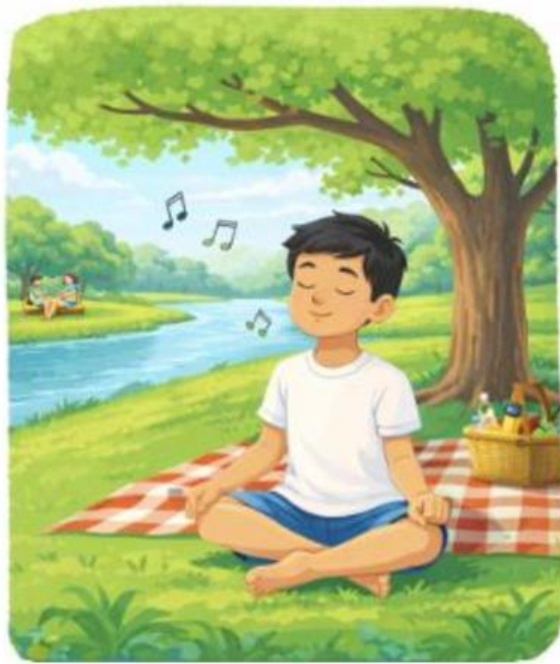


Unit 6 – Lesson 7



How Nature Helps Me Relax



When I get stressed about school, I take deep breaths until I calm down. I do the same thing if any of my friends stress me out. If I'm feeling over a long period of time, I go to the





Unit 6 – Lesson 7

I visit Manza Beach near my home in Okinawa, Japan. My mom, dad, and older brother sometimes me there. I like to walk on the beach and my toes in the sand.

Sometimes, I just or sit, close my eyes, and the water. The sound of the waves hitting the beach makes me very



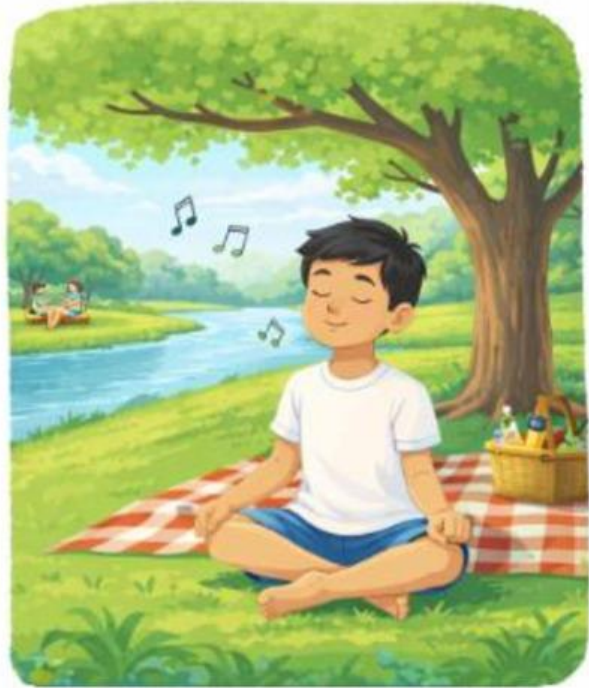
It's the same sound over, and over, and over again. Sometimes I'm still, but other times it me to move very fast, and I run or do on the beach.





Unit 6 – Lesson 7

I think is a great way to reduce stress. There are many different to be around nature. The beach is great, but I don't always have time to go there. Sometimes, I go to the park



I enjoy a walk near the trees or a picnic on the grass. You can also just on a bench and to the birds. Or, you can relax by the river. It's a perfect way to listen to the water without going to the ocean.

