NAME.

SCORE.

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

Listen to the recording again. Reflect on the questions below. Answer them in complete sentences, then share your answers as a class.

- Do most of you agree?

_____

- Do you believe what the person says about the benefits of hugging trees? Why or why not?

_____

- How can people determine the effects of something like hugging trees?

_____