# Listening

# Why Bad Weather Isn't Always Bad



***Listen to the audio. Decide if the statements are true or false.***

1. Sunlight increases the production of a chemical in our body that helps us feel good.
2. Spending time outdoors on bright days can positively affect your night rest quality.
3. A lack of sunlight can cause feelings of sadness or low energy.
4. Overcast or dark days can actually improve a person's ability to focus.
5. People's creativity may be enhanced during dark and rainy weather.
6. Using cozy lights and vibrant decorations can lift your spirits on a dull day.
7. High temperatures tend to make people feel peaceful and at ease.
8. Cold weather encourages people to want light, refreshing meals.
9. Seeing fresh snow can boost people's mood and bring them joy.

***Match each type of weather (1-5) with the correct effect (a-e).***

1. Hot weather
2. Snowy weather
3. Cloudy or rainy weather
4. Cold weather
5. Sunny weather

*a) Boosts mood, increases energy, helps with better sleep, makes people feel optimistic and take more risks.*

*b) Can enhance creativity, improve concentration, and cause tiredness or sadness due to less serotonin.*

*c) Can make people feel irritated, aggressive, or uncomfortable.*

*d) Increases cravings for high-calorie foods to keep the body warm.*

*e) Brings happiness, excitement, and a sense of magic from fresh, white landscapes.*



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