

# “Convo!”

## Speak confidently

### B3: Discuss 1 - A walk in the park

Nature provides a place of inspiration, reflection and healing. Studies show that nature has the ability to affect the mind, body, and spirit positively and immediately. The health benefits for both children and adults are astounding: outdoor activities improve distance vision, increase physical fitness, reduce attention deficits and hyperactivity, and even raise intelligence and increase productivity.

*Shinrin-yoku*, or forest bathing, is the act of walking and spending time in forests. It is a well known form of preventive health care in Japan. In Scandinavian countries, the essence of spending time outdoors is summed up in the word *friluftsliv* (free-loofts-liv), translating to “open air life.” These views show that life can be improved by spending time in forests and in natural environments.

Across the world, most people now live in urban areas, and green spaces are becoming even more essential to our health and well-being. Just taking a 30-minute walk along a path lined with trees is physically and psychologically beneficial.

#### copy and paste line by line

- furthermore - on top of this/that - what's more - in terms of - regarding - with regard(s) to
- therefore - hence - as a result - for this reason - as a consequence - consequently - thanks to
- broadly speaking - by and large - on the whole - nevertheless - nonetheless - whereas - owing to
- provided that - as long as - on the condition that - at the same time - even though/so/if/when
- for the purpose of (ING) - in the hope(s) of (ING) - in order to - with the aim of (ING) - on account of
- in a nutshell - it's important to realise that - as a matter of fact - having said that - that (being) said

#### Please give as much detail and information as you can, and use as many connectors as possible:

1. Do you spend time walking outdoors in parks or forests? How often?
2. When you have spent time in nature, did you notice any benefits?
3. How can cities provide opportunities to be in nature?
4. What are some of the main benefits of spending time in nature?
5. How does being in nature affect mental health and stress levels?
6. How does spending time in nature compare to other ways of relaxing, like watching TV or going to the gym?
7. Do you think nature can improve creativity and productivity? Why or why not?
8. In your country, what are some popular outdoor activities that help people connect with nature?
9. Do you prefer spending time in a park, the mountains, or the beach? Why?
10. What advice would you give to someone who wants to spend more time in nature but has a busy schedule?