1. Write the opposites.
2. indoors \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. unhealthy \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. wrong \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. nowhere \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. Listen and fill in the gaps.

Do your parents tell you to go \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_? Do they say it’s \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for you? They are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!

People generally know that spending time outdoors is healthy, especially \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in the countryside – ideally in a forest, on the beach or in a park. Why is it so healthy?

1. Cross out ( ) the odd word.
2. in the forest at the lake in the cinema in the park
3. anxiety depression relax stress
4. stress better sleep vitamin D lower blood pressure
5. True (T) or false (F)?
6. Spending time outdoors reduces stress.
7. Spending time outdoors helps heal.
8. Spending time outdoors helps you concentrate.
9. When you are out in the sun, your skin makes vitamin E.
10. Spending time outdoors is bad for your sleep.
11. Write about yourself. Answer these questions:

How often do you go outdoors?

What do you do there in winter and in summer?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

SOLUTIONS

1. Write the opposites.
2. indoors outdoors
3. unhealthy healthy
4. wrong right
5. nowhere somewhere
6. Listen and fill in the gaps.

Do your parents tell you to go outdoors? Do they say it’s healthy for you? They are right!

People generally know that spending time outdoors is healthy, especially somewhere in the countryside – ideally in a forest, on the beach or in a park. Why is it so healthy?

1. Cross out ( ) the odd word.
2. in the forest at the lake in the cinema in the park
3. anxiety depression relax stress
4. stress better sleep vitamin D lower blood pressure
5. True (T) or false (F)?
6. Spending time outdoors reduces stress. T
7. Spending time outdoors helps heal. T
8. Spending time outdoors helps you concentrate. T
9. When you are out in the sun, your skin makes vitamin E. F
10. Spending time outdoors is bad for your sleep. F
11. Write about yourself. Answer these questions: Example solution.

How often do you go outdoors?

What do you do there in winter, spring, summer and autumn?

I go outdoors every weekend with my family. We go for trips. In spring, summer and autumn, we go cycling and in winter we go cross-country skiing.