



Unit 2 - Lesson B

Closer to Nature





Lesson Objectives:

1. Talk about ways to encourage people to spend time in nature.
 2. Understand how to use quantifiers to connect speech.
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Warm up

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1. When do you feel most connected to nature, and why?
 2. Do you think you spend enough time outdoors?
 3. How important is it for people to stay connected to nature in modern life?
 4. Do you think people today are becoming more distant from nature? What are the reasons?
 5. What small habits can help someone feel closer to nature in their daily routine?
 6. How does spending time outdoors affect your mood or energy?
 7. How do you think our relationship with nature will change in the next 20 years?
- 



STAGES

Listening

BBC radio
program based
on trees and
nature.

Grammar

Quantifiers - a
word/phrase used
before a noun to
indicate an
amount.

Vocabulary

Natural
landscapes and
places.

Speaking

Group work
and discussion.

Writing

Write a for-and-against paragraph.





Vocabulary

Describe the pictures:





DESERTED (ADJ.)

- Deserted means a place where no people are present or where people have left.
- It feels empty, abandoned, or lonely.

e.g. "The streets were deserted early in the morning."





COASTLINE (N.)



- A coastline is the line where the land meets the sea or ocean.
- It includes beaches, cliffs, bays, and any edges of land that touch the water

e.g. “Chile has one of the longest coastlines in the world.”





OPEN SPACE (N.)

- An area that is not built on and has few or no obstacles, so it feels wide, free, and easy to move around in.
- It can be natural (a field, a meadow) or urban (a plaza, a wide square).
- It focuses on the lack of buildings or barriers.

e.g. “We found an open space between the trees where we could sit and have lunch.”

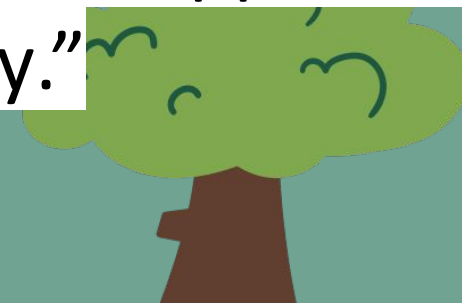




SCENERY (N.)(UNCOUNT)

- Scenery refers to the natural features of a landscape — the views of mountains, forests, rivers, fields, or any outdoor environment that you can see.
- It's what makes a place look beautiful, impressive, or interesting.

e.g. "We stopped to take photos of the mountain scenery."





WOODLAND (N.)



- An area of land that is covered with many trees, but usually less dense than a forest.
- It's a natural place with trees, plants, and wildlife

e.g. "We walked through the woodland to reach the lake.."





SUNLIGHT (N.)(UNCOUNT)

- The light that comes from the sun.
- It includes both light and warmth, and it helps plants grow and makes places bright.

e.g. “Plants need sunlight to stay healthy.”





TRACK (N.)



- A track is a path or trail that people or animals use to walk, run, or move along.
- It can also refer to a path made by vehicles or a marked route for sports.

e.g. “We followed a narrow track through the woodland.”





RIVER BANK (N.)

- The land along the side of a river.
- It's the edge where the water meets the ground.

e.g. "The children walked along the river bank looking for stones."

VOCABULARY

nature

4A Complete the article with the words and phrases in the box.

coastline deserted open space river bank
scenery sunlight track woodland

Did you know?

New research has found that spending just two hours a week in nature is enough to improve your health and well-being.

For some people, this might mean sitting by the sea on a ¹ beach somewhere on a wild ² , looking up at a clear blue sky and listening to the sound of the waves crashing onto the sand. Or perhaps enjoying a wide ³ where the ⁴ is spectacular. For others, it might be walking through ⁵ near where they live and watching the morning ⁶ through the trees. Or maybe walking along a narrow ⁷ to a ⁸ , to sit and watch the water flowing past.

1. DESERTED
2. COASTLINE
3. OPEN SPACE
4. SCENERY
5. WOODLAND
6. SUNLIGHT
7. TRACK
8. RIVER BANK

B Read the article again. Which word or phrase:

1. means that there is no one else around?

Deserted

2. refers to the land by the side of a river?

River bank

3. refers to a rough path or road?

Track

4. is the opposite of a small, contained area?

Open space

5. refers to an area with a lot of trees?

Woodland

6. is another word for landscape?

Scenery

7. refers to the area of land near the sea?

Coastline

8. refers to light from the sun?

Sunlight





Vocabulary

Speaking



Word Chain Story

- IN GROUPS OF 4-5 STUDENTS. EACH GROUP CREATES A STORY USING AT LEAST 6 WORDS FROM THE VOCABULARY LIST.
- THE FIRST STUDENT STARTS WITH ONE SENTENCE USING ONE WORD, THE NEXT STUDENT ADDS ANOTHER SENTENCE WITH A DIFFERENT WORD, AND SO ON.
- THE STORY MUST MAKE SENSE! THE MOST CREATIVE AND COHERENT STORY WINS. EXAMPLE START: 'THE RESEARCHER ENTERED THE DESERTED LABORATORY...'

Listening:

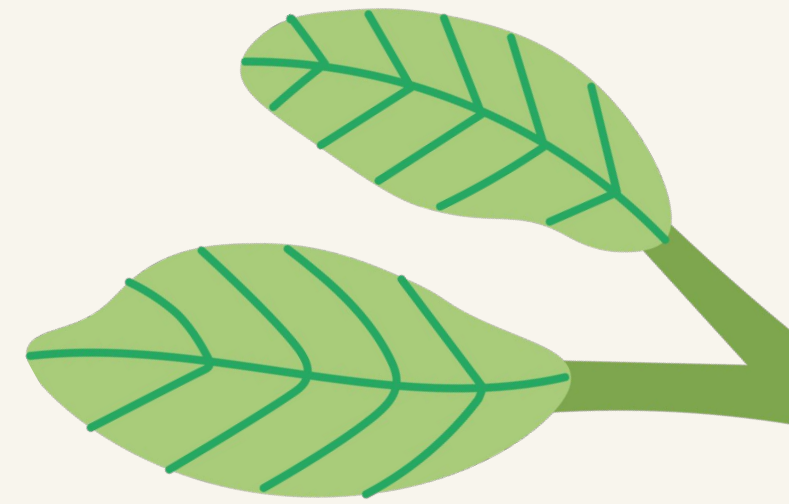
1A. Work in pairs. Read the information about the BBC Radio programme and discuss the questions.

Why we should listen to trees



Most of the world's population live in big, noisy cities, where we don't have many opportunities to get close to nature. For many of us, this means we miss out on some of the positive effects of spending time in nature. Alex Smalley explains.

1. Do you spend time out in nature? Why/Why not?
2. What kinds of natural places do you enjoy visiting?
3. Why do you think spending time in nature is good for us?





Listening:



1B. Listen to the programme. Choose ideas that are mentioned.

- ☐ 1. People have known for a long time that we benefit from spending time in nature.
- ☐ 2. In the past, doctors didn't recognise the benefits of spending time in nature.
- ☐ 3. In recent centuries, we seem to have forgotten the health benefits of being in nature.
- ☐ 4. The excitement of city life brings health benefits.
- ☐ 5. Spending time in or near nature helps restore balance.
- ☐ 6. Studies have indicated that listening to the sounds of nature can improve your well-being.

Listening:



1C. Work in pairs and answer the questions.

1. According to the programme, how would most people describe their idea of paradise?
2. What did doctors in the 1700s recommend for their patients?
3. What has helped improve people's quality of life in the last 200 years?
4. What problems does living in 'big, busy and noisy cities' cause us?
5. How does spending time in a natural environment help us?
6. Why did some hospital patients in the 1980s recover faster than others?

1D. Listen again and check your answers.

Listening:

1C. Work in pairs and answer the questions.



1. According to the programme, how would most people describe their idea of paradise?
1. a white sand beach with waves lapping or a woodland alive with birdsong
2. What did doctors in the 1700s recommend for their patients?
2. Doctors in the 1700s recommended spending time at sea-bathing hospitals.
3. What has helped improve people's quality of life in the last 200 years?
3. advances in technology and pharmaceuticals, such as antibiotics
4. What problems does living in 'big, busy and noisy cities' cause us?
4. It puts our body into a 'constant state of alert', so we are always under stress.
5. How does spending time in a natural environment help us?
5. It helps us to switch off and relax (get some 'downtime').
6. Why did some hospital patients in the 1980s recover faster than others?
6. Some patients had a view of trees rather than a view which looked out at the rest of the hospital, and they recovered faster.

1D. Listen again and check your answers.



Grammar



Quantifiers

Quantifiers are words or phrases that come before a noun to tell us how much or how many of that thing exists. They allow us to **describe quantities** without using exact numbers.



GRAMMAR - QUANTIFIERS

2A. Work in pairs. Read the comments about the radio programme. Which do you agree with? Which do you disagree with? Why?



Rodrigo

07:56 | 13 June

Alex is right! **The majority of** the world's population now live in cities, and there is **a lack of** green public spaces where people can relax.



Fumi

08:20 | 13 June

I work in an office where most people spend **a good deal of** time stuck at a computer screen, and **very little** time outdoors. **Several** of us try to find time in the day to go out and enjoy nature, but we're definitely **in a minority**.



Alexis

10:47 | 13 June

I agree! There are ways to get closer to nature even if you live in a city, and have **no** time to spare. **Every** day, take **a few** moments to notice the nature around you. Sit outside with your morning coffee, grow **a handful of** plants on your desk, or take **a little** time to enjoy the view from your office window. **Each** time you do this, you'll feel more relaxed.

GRAMMAR - QUANTIFIERS

B Read the comments again. Match the quantifiers in bold with the meanings (1–4).

- | | |
|---|-----------------------------------|
| 1 a large number or amount | 2 a small number or amount |
| 3 one individual person or thing | 4 none |

Alex is right! **The majority of** the world's population now live in cities, and there is **a lack of** green public spaces where people can relax.

I work in an office where most people spend **a good deal of** time stuck at a computer screen, and **very little** time outdoors. **Several** us try to find time in the day to go out and enjoy nature, but we're definitely **in a minority**.

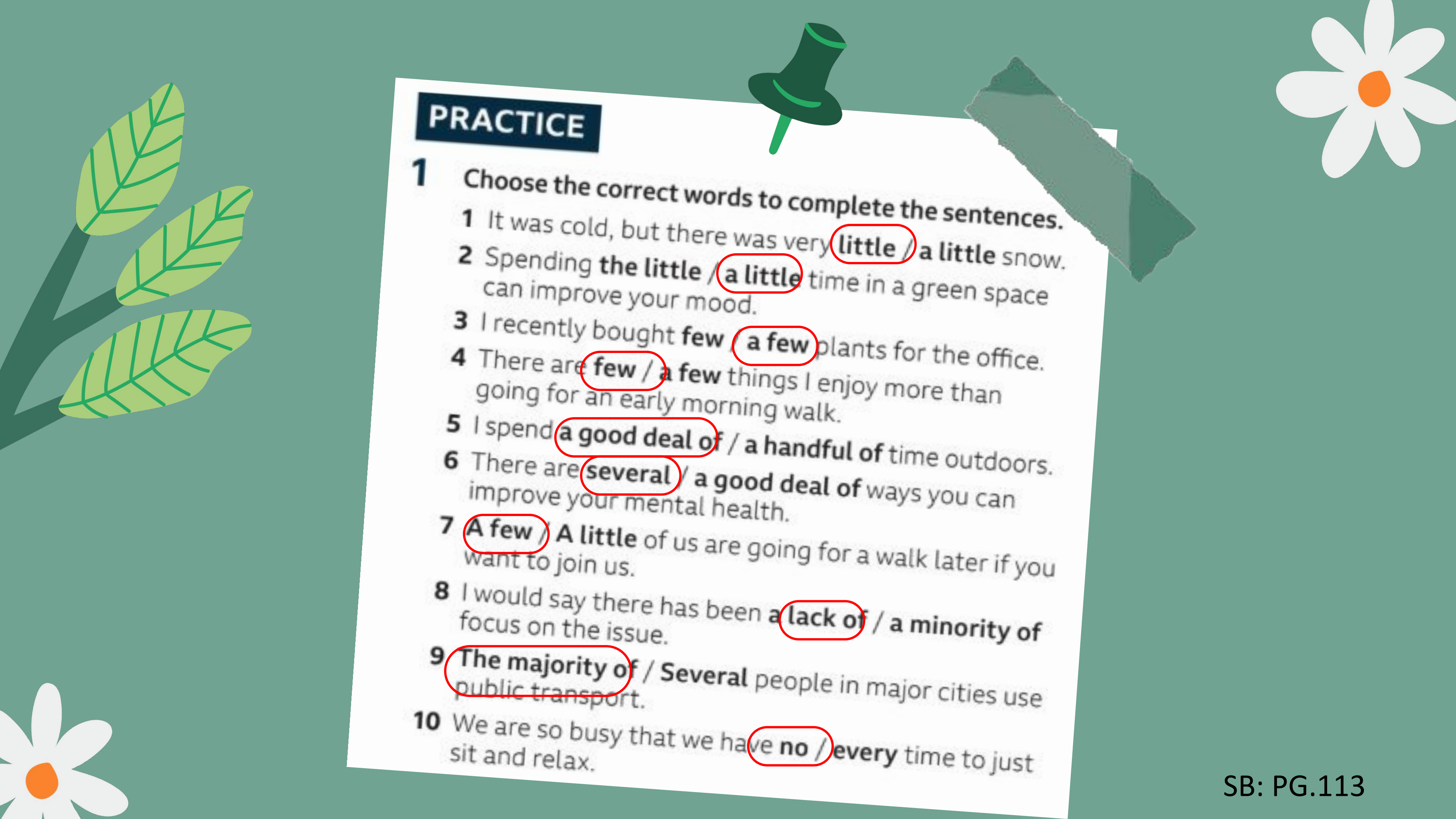
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GRAMMAR - QUANTIFIERS

C Complete the rules with the type of noun: *singular, plural or uncountable*.

- 1 Use *several, few, a few, a handful of* + **PLURAL** nouns.
- 2 Use *the majority of, a lack of, no* + **PLURAL** nouns or **UNCOUNTABLE** nouns.
- 3 Use *each, every* + **SINGULAR** nouns.
- 4 Use *very little, a little, a good deal of* + **UNCOUNTABLE** nouns.





PRACTICE

- 1 Choose the correct words to complete the sentences.
 - 1 It was cold, but there was very **little** / **a little** snow.
 - 2 Spending **the little** / **a little** time in a green space can improve your mood.
 - 3 I recently bought **few** / **a few** plants for the office.
 - 4 There are **few** / **a few** things I enjoy more than going for an early morning walk.
 - 5 I spend **a good deal of** / **a handful of** time outdoors.
 - 6 There are **several** / **a good deal of** ways you can improve your mental health.
 - 7 **A few** / **A little** of us are going for a walk later if you want to join us.
 - 8 I would say there has been a **lack of** / **a minority of**
 - 9 **The majority of** / **Several** people in major cities use public transport.
 - 10 We are so busy that we have **no** / **every** time to just sit and relax.

2 Complete the text with the quantifiers in the box.

a few (x2) a little each handful in a minority
lack of no plenty the majority of

1. PLENTY
2. THE MAJORITY OF
3. A FEW
4. EACH
5. NO
6. HANDFUL
7. A LITTLE
8. A FEW
9. IN A MINORITY
10. LACK OF

Ways to feel closer to nature even if you live in the city

There are ¹..... of ways to feel closer to nature, even if you live in a busy city and spend ²..... your time working or commuting to work. It only takes ³..... minutes ⁴..... day to do something that will help you to feel refreshed. Adapt your routine so that even when you think you have ⁵..... time to spare, you can still enjoy nature. There are a ⁶..... of different ways to do this. Get up ⁷..... earlier and spend ⁸..... minutes outside enjoying the fresh air before you have breakfast or start work. Watch the stars before you go to bed, or go for a walk in your lunch break. Admittedly, people who can spend hours relaxing in nature will be ⁹..... For most people working long hours, there will be a ¹⁰..... opportunities. Maybe you'll just have to watch a virtual fish tank on your phone instead and see if that makes a difference.



Speaking

SPEAKING

5A Work in groups. Imagine your school or college wants to encourage people to spend more time in nature to improve their well-being. Make notes about:

- green spaces nearby and how you could use them.
- changes you could make to the building (e.g. creating a rooftop garden).
- one-off events or activities you could do (e.g. a tree-planting event).
- changes you could make to ways of working or schedules.
- posters, leaflets, etc. you could create.

B Read the Future Skills box and answer the question.

FUTURE SKILLS

Leadership



When you are working in a group, a discussion can sometimes get stuck on one topic for too long. When this happens, it is important to refocus the group by suggesting what you should discuss next.

What expressions can you use to move the discussion on to a new topic?

Turning to another point, ...

Another important issue to consider is...

It is also important to discuss...

Moving on to the next point, ...

In addition, it is worth considering...

A further aspect to consider is...



Writing



City living – pros and cons

Rural and urban living have always held a different appeal for different people. ¹While some people love living in the countryside, others find it boring and can't wait to get back to the excitement of the city. So, what are the pros and cons of living in the city?

6) Read the opening paragraph and work in pairs. Write down five advantages of living in a city and five advantages of living in the countryside.

CITY:

More jobs - Many companies and career opportunities.

Better education - More schools and universities.

Public transport - Buses, trains, and subways available.

Healthcare access - More hospitals and doctors.

Entertainment - Restaurants, events, and activities.



City living – pros and cons

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COUNTRYSIDE:

Clean air - Less pollution.

Peaceful environment - Quiet and less noise.

Nature - More trees, animals, and open spaces.

Less traffic - Fewer cars and crowds.

Lower cost of living - Cheaper housing and land.

WRITING

SB: PG.25

Read the main body paragraphs (for and against). Then, write your own version of each, worth five lines.

For many people the city offers plenty of advantages. Firstly, cities are much more exciting. There are lots of things to do, from shopping and eating out to going to the theatre or the cinema. In a city, all of these things are easy to access on public transport, which makes life a lot easier. Secondly, there are a great number of professional opportunities available in the city which are not available if you live in the countryside. Many big businesses have their headquarters in the city. Therefore, there are more businesses to choose from and more jobs available. Also, you're likely to get a higher salary. Lastly, when you live in a city, you get the opportunity to meet a huge number of diverse people. **²Although you can build a network of friends and professional contacts anywhere you live, being in a city makes this easier.**

³However, there are some downsides to living in the city. It's a lot noisier and more crowded than the countryside. The pace of life is very busy and this can feel stressful. **⁴Despite having efficient public transport, life in the city means you often have to spend a lot of your time commuting to work.** Also, the cost of living is often higher in the city. In addition to this, you have to consider that pollution and levels of crime are likely to be worse than in the countryside.



What is good about this conclusion? What can you use in your own writing in terms of structure and vocabulary?

On balance, I think the advantages of being in a city outweigh the disadvantages, especially for younger people. **Despite the fact that there are benefits to living a peaceful life in the countryside, it's no surprise that so many people choose to give this up in order to find more excitement and opportunities in the city.**



What is good about this conclusion? What can you use in your own writing in terms of structure and vocabulary?

On balance, I think the advantages of being in a city outweigh the disadvantages, especially for younger people. ⁵**Despite the fact that there are benefits to living a peaceful life in the countryside, it's no surprise that so many people choose to give this up in order to find more excitement and opportunities in the city.**

Clear conclusion phrase - “On balance...”

Clear opinion - advantages outweigh disadvantages.

Mentions the other side - “Despite the fact that...”

C Connect the ideas in two different ways using the linkers in brackets.

- 1 Some young people love living in the city / others don't like it at all. (although / however)

Although some young people love living in the city, others don't like it at all.

Some young people love living in the city. **However**, others don't like it at all.

- 2 Public transport can be very overcrowded / people still use it (despite the fact / while)

- 3 Life in the city is exciting / it can be stressful (while / however)

- 4 Pollution and crime are problems / many young people prefer living in the city (although / despite)

2. Despite the fact that public transport can be very overcrowded, people still use it.

While public transport can be very overcrowded, people still use it.

3. While life in the city is exciting, it can be stressful.
Life in the city is exciting, however, it can be stressful.

4. Although pollution and crime are problems, many young people prefer living in the city.

Many young people prefer living in the city despite pollution and crime.



Wrap up



Understanding check

1. Compare and evaluate the advantages and disadvantages of living in a city versus living closer to nature. In your response, be sure to use quantifiers like 'a bit/a little' and 'a few' to discuss the various aspects (e.g., 'a little peace and quiet', 'a few transportation options').
- 



Well done!
You have been
amazing!