

Hello everyone, hope you had a great holiday. 😊

Now it's time to get back to work. Today, we'll be talking about outdoor activities and some of the benefits you can get from being outdoors.

First, look at the short video about outdoor activities and answer the questions below. You can stop the video at 2:40, all the relevant information is before that. 😊

<https://www.youtube.com/watch?v=pPwZUL6Dd3Q>

Now, answer the questions about the video:

1. Which 7 benefits does the video mention?
2. What can just looking at pictures of nature do for you?
3. Which vitamin can people get from the sun?
4. Which conditions can this vitamin offer protection from?
5. Which of the seven benefits is not a good idea at the moment? 😊

Match the words from the video with their explanations:

- |                |                                |
|----------------|--------------------------------|
| 1. benefit     | a. when you feel tired         |
| 2. fatigue     | b. to make smaller             |
| 3. to increase | c. to make better              |
| 4. to improve  | d. something that is good      |
| 5. self esteem | e. to make bigger              |
| 6. to reduce   | f. how you feel about yourself |

When you are done, open your textbooks on page 80.

Do exercise 1a.

Write down the words, translate them and match them with the photos. If you don't understand a word, then remember that the Internet is your friend. 😊

Now do exercise 2.

2a Look at the four paragraphs about different activities. Write down the unknown words and find their definitions online.

2b Match the questions 1 – 5 with answers a – e.

(Copy the whole sentences in your notebooks, don't just write the numbers and the letters.)

You don't have to send anything back yet, you will get the answers on Thursday and we will discuss them during the Zoom lesson. Just make sure you DO the exercises BEFORE you get the answers.

That's it for today. Now that you know how good it is, make sure you spend some time outside. Your body (and possibly your parents 😊) will thank you.

Have a great day. 😊

Your English teachers