



# IN THE FOREST

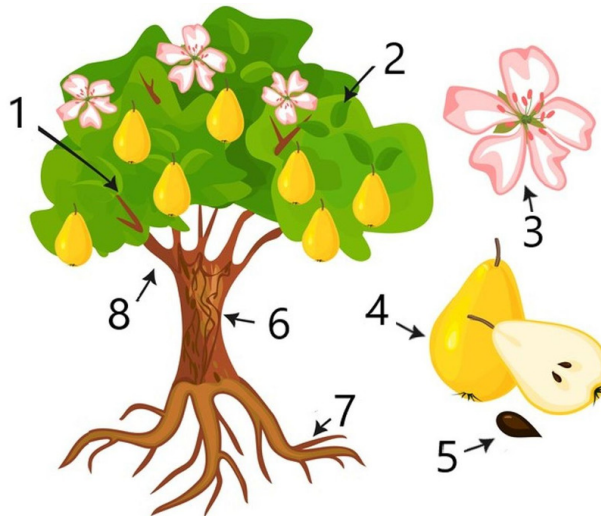


Scan to review worksheet

Expemo code:  
15RE-P7JB-6D8I

## 1 Warm up

Look at the picture and match these words to the correct part of the tree.



A) branches	B) a flower	C) a fruit	D) leaves
E) roots	F) a seed	G) a trunk	H) a twig

- Which words are plural, and what are their singular forms?
- Do you have a favourite tree?

The trunk of a tree is covered with a rough "skin" which is called the **bark**.



## 2

**Listening**

Listen to this podcast about forest bathing and answer the questions.

1. Which parts of trees are mentioned? bark, branches, flowers, fruit, leaves, roots, seed, trunk, twig
2. What is forest bathing?
3. What does the reporter think about forest bathing?

Listen again and choose the verb form that you hear.

1. I 'm **loving** / **love** to spend time in the forest.
2. Now, we 're **looking** / **look** at my favourite tree.
3. It 's **looking** / **looks** so green!
4. I 'm **listening** / **listen** to the sounds in the forest.
5. I 'm **hearing** / **hear** the wind in the leaves.
6. It 's **sounding** / **sounds** so peaceful.
7. And now I 'm **smelling** / **smell** the leaves.
8. They 're **smelling** / **smell** really fresh.
9. I 'm **tasting** / **taste** some of the fruit.
10. It 's **tasting** / **tastes** sweet.
11. OK, I 'm **touching** / **touch** the bark.
12. It 's **feeling** / **feels** rough.

Which two verb forms are you choosing between in this exercise?



## 3

**Language point**

Study these sentences about using your senses and answer the questions.

Now, we're **looking** at my favourite tree. It **looks** so green!

I'm **listening** to the sounds in the forest. It **sounds** so peaceful.

And now I'm **smelling** the leaves. They **smell** really fresh.

I'm **tasting** some of the fruit. It **tastes** sweet.

OK, I'm **touching** the bark. It **feels** rough.

We can use both simple and continuous forms to talk about sense experiences.

1. To talk about actions that use our senses, we can use **simple / continuous** forms.
2. To describe something that we experience with our senses, we use **simple / continuous** forms.

Verbs that describe a permanent quality or fact, which is always true, are called **state verbs**. We use **simple forms for state verbs**.

The verb **look** can be used in two ways, as both an action verb and a state verb. We use continuous forms when we talk about actions, and simple forms when we describe something.

Which other two sense verbs can be used in two ways, like **look**?

Note that **hear** and **see** are also state verbs: I **hear** the wind in the leaves.

There are lots of other state verbs. They often describe feelings, emotions, opinions and beliefs.

I **love** to spend time in the forest.

I think you should explain what "forest bathing" **means**.

Scientists **believe** that forest bathing helps your body fight heart disease and cancer.

I **understand** what you mean. I **feel** much more relaxed. I **want** to do this again!

That's why I **think** forest bathing can improve our physical and mental health.

I **agree** - this is just what I **need**.

Which of these examples is not a feeling, but a permanent quality or fact?

With action verbs, you can use present continuous or simple forms, with different meanings.



continuous	simple
I'm <b>talking</b> to forest ranger Mike Smith and we're <b>walking</b> in Ashdean Forest.	I <b>talk</b> to my best friend every day. We always <b>walk</b> through the park together on the way to school.
The flowers <b>are just opening</b> now.	They <b>open</b> in the morning and close at night.
The birds <b>are singing</b> too. They're <b>sitting</b> on one of the branches.	She never <b>sings</b> in the shower. I usually <b>sit</b> at the back of the classroom.

1. We use **present simple** / **present continuous** to talk about things that happen regularly, or things that are always true.
2. We use **present simple** / **present continuous** to talk about things at this moment or around now.

## 4

**Practice**

In the next Greenscene podcast, Mike explains to Linda how to light a fire safely in the forest. Use the correct present simple or present continuous form of the verbs in the box to complete the sentences.

feel / look x 2 / love / move / need / put / see / smell / taste / walk / want

When I'm in the forest, I \_\_\_\_\_<sup>1</sup> to have a fire for cooking or keeping warm, and, of course, a wood fire always \_\_\_\_\_<sup>2</sup> wonderful. But I \_\_\_\_\_<sup>3</sup> to be safe. First of all, I \_\_\_\_\_<sup>4</sup> some wood. Come with me. Right now, I \_\_\_\_\_<sup>5</sup> through the trees, and I \_\_\_\_\_<sup>6</sup> for some big pieces of dead wood. I \_\_\_\_\_<sup>7</sup> some twigs too; these \_\_\_\_\_<sup>8</sup> very dry so they're perfect for starting the fire. Now I've got enough wood and I \_\_\_\_\_<sup>9</sup> the dry leaves away from the ground. I \_\_\_\_\_<sup>10</sup> the twigs down first and then the bigger pieces of wood. We can start cooking when the fire \_\_\_\_\_<sup>11</sup> hot. Food that is cooked on a fire like this \_\_\_\_\_<sup>12</sup> great.



## 5 Writing

Read this information from the Greenscene website about their new writing competition.

Greenscene is looking for the best short text about forest bathing to publish on our website. The winners will receive a free weekend forest bathing experience with Mike Smith. Follow these instructions to win this amazing prize.

Choose one of the pictures to write about, and imagine you are forest bathing in this place.

Write sentences about at least three senses. Use verbs that talk about sense actions and verbs that describe something that you experience with your senses.

You also need to describe your feelings, emotions, opinions and beliefs.

Write 35-50 words.



A forest at night



A rain forest



A prehistoric forest

## 6 Extra practice/homework

Find and correct mistakes in some of these sentences. If the sentence is correct write a tick next to it.

1. I'm standing in a forest.
2. I looking around.
3. The trees are looking different.
4. I'm listening to the birds, but they are sounding strange.
5. Maybe they're not birds.
6. I'm hearing a loud noise and I see a dinosaur.
7. It's coming closer to me.
8. I'll trying to run, but I can't.
9. The dinosaur is open its mouth.
10. Its breath is smelling terrible.
11. I feel frightened.
12. I'm thinking think this is a dream.



7

**Optional extension**

**There are lots of adjectives that describe what we experience with our senses.**

For example: *Tree bark feels rough.*

**Choose the best adjective to describe each item.**

1. A mirror or window feels sharp / smooth / soft / sticky.
2. A lemon tastes bitter / sour / spicy / sweet.
3. An old fish smells smoky / lovely / disgusting / minty.

**Think of things that the other adjectives in each set could describe.**

For example: *A kitten's fur feels soft.*