

Natural Spaces & Mental Health

Intermediate (B1-B2)



WARM-UP

Part 1. Choose the option that feels more like you, then explain why.

1. Seaside 🏖️ or forest 🌲
2. City park 🌳 or countryside field 🌾
3. Early morning walk 🌅 or sunset stroll 🌇
4. Hiking 🧗 or relaxing on the grass 🌿
5. Listening to birds 🎵 or watching the clouds ☁️

Discuss:

- How often do you spend time outdoors?
- What do you usually do when you're in nature?
- How do you feel afterwards?



Part 2. Match each expression to its correct definition.

Tune into one's senses

Recharge one's batteries

Be part of something bigger

Take in one's surroundings

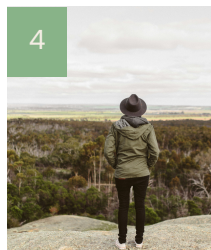
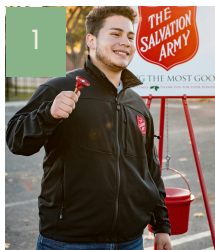
Connect with nature

1. _____ To notice sights, sounds, smells, and sensations in the present moment.
2. _____ To observe and appreciate the environment around you.
3. _____ To feel connected to a greater purpose or community.
4. _____ To rest and recover energy after stress or work.
5. _____ To spend time outdoors and engage with the natural world.

Part 3. Discuss the following questions.

1. Which of these ideas do you already practise?
2. Which would you like to do more often?

Part 4. Match each phrase with an appropriate image and explain the reasoning behind your choice. Some phrases may be associated with multiple images.



VIDEO ACTIVITY

Part 1. Before watching "The Benefits of Nature for Mental Health", discuss the following questions.

1. How do you think nature helps our mental health?
2. What kinds of natural spaces do you have access to?
3. When you feel stressed, what could you do outside to relax?

Part 2. Watch the video once and note the seven benefits of spending time in nature.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Part 3. Watch again and take notes, then answer the following questions.

1. What are “green spaces,” and why are they important?
2. What is “forest bathing,” and what does it involve?
3. How can being in nature help us connect with others?
4. What creative activities can nature inspire?
5. What does “being part of something bigger” mean in the video?

VIDEO FOLLOW-UP

Part 1. Discuss the following questions.

1. Do you notice your mood change when you spend time outside?
2. Have you ever felt inspired by nature to write, draw, or reflect?
3. What’s one natural place that makes you feel peaceful?
4. How could you bring more nature into your daily routine?



Part 2. Read Sophie's story and discuss the questions below.



Sophie is a university student who has been feeling stressed and overwhelmed by her studies. She spends most of her time indoors, studying on her laptop and using her phone. A friend suggests she tries spending more time in nature to improve her mental health.

1. What are the possible reasons for Sophie's stress?
2. What activities could she try to improve her wellbeing?
3. How might spending time in nature help her feel better?

Part 3. Create a short plan for a "nature-based wellness routine". Include at least three activities that involve nature and explain how each activity could help reduce stress.

Activities

- 1.
- 2.
- 3.

Benefits

- 1.
- 2.
- 3.

Part 4. Read and discuss the statements below. Do you agree, disagree, or partly agree?

1. Everyone needs access to green spaces.
2. Nature can teach us to slow down.
3. Technology has replaced our connection with the natural world.
4. Being outdoors is the best way to reduce stress.
5. Protecting nature also means protecting our mental health.



REFLECTION

Discuss the questions below to reflect on what you've learnt during the lesson.

1. After today's discussion, do you feel motivated to spend more time outdoors? Why or why not?
2. Do you think everyone should have access to natural spaces? What difference could it make?
3. Which benefit of nature and mental health resonated with you the most?
4. If you had to sum up why nature supports mental wellbeing in one sentence, what would you say?

WRAP-UP TASK (OPTIONAL HOMEWORK)

Optional Writing Task

Write 100–150 words about your favourite natural place.

- Describe what it looks and feels like, and explain how it helps your mind and mood.
- Use at least three phrases from today's vocabulary.



Teacher's guide

Natural Spaces & Mental Health – Intermediate (B1-B2)



Canva Presentation Link: [🌐 Natural Spaces and Mental Health \(Updated\)](#)

Editable Presentation Link: [🌐 Natural Spaces and Mental Health \(Updated\)](#)

Editable Worksheet Link: [🌐 Student Worksheet: Natural Spaces & Mental Health \(Updated\)](#)

Video Link: [The Benefits of Nature for Mental Health | Community & Wellbeing | WWF – YouTube](#)

Warm-up

Part 1. Students choose the option that feels more like them and explain why.

Part 2. Students match the expressions to their definitions.

Answer key:

1. Tune into one's senses
2. Take in one's surroundings
3. Be part of something bigger
4. Recharge one's batteries
5. Connect with nature

Part 3. Students discuss the questions.

Part 4. Students match each phrase with an appropriate image and explain the reasoning behind their choice. Some phrases may be associated with multiple images.

Suggested answers:

Picture 1 – Be part of something bigger

Picture 2 – Connect with nature

Picture 3 – Recharge one's batteries

Picture 4 – Take in one's surroundings

Picture 5 – Tune into one's senses

Video activity

Part 1. Before watching the video, students discuss the questions.

Part 2. Students watch the video once and list all of the benefits given.

Answer key:

1. Time in green spaces
2. Staying active
3. Mindfulness
4. Connecting with others
5. Creativity
6. Connecting with wildlife
7. Being part of something bigger

Part 3. Students watch the video again and answer the comprehension questions.

Suggested answers:

1. Green spaces are natural areas like parks, gardens, beaches, or forests. Access to green spaces improves mental health and community wellbeing.
2. "Forest bathing" means spending quiet time among trees, noticing your senses.
3. Nature helps people connect with others by offering places to meet, socialise, and strengthen relationships in a relaxed environment.
4. Nature inspires creativity such as art, writing, or photography.
5. "Being part of something bigger" means joining others to care for the planet or community.

Video follow-up

Part 1. Students discuss the questions.

Part 2. Students read about Sophie's scenario and answer the questions.

Suggested answers:

1. Causes of stress: heavy workload, too much screen time, lack of physical activity.
2. Possible activities: walking in a park, spending time in a garden, doing outdoor exercise.
3. Benefits: Nature can improve mood, boost concentration, and reduce stress.

Part 3. Students create a short plan for a "nature-based wellness routine", using ideas from the video or their own ideas.

Part 4. Students discuss whether they agree/disagree or partly agree with each statement.

Reflection

Students discuss the questions.

Wrap-up task (optional homework)

Students write 100–150 words about their favourite natural place.

Encourage students to:

- Describe what it looks and feels like, and explain how it helps their mind and mood.
- Use at least three phrases from today's vocabulary.