WELLBEING
ENGLISH

Collocations: Nature

Intermediate (B1-B2)

WARM-UP

Part 1. Look at the photos below and discuss the questions.

1. Which image feels most comforting to you right now?
2. Which image feels furthest from your everyday life?
3. When was the last time you felt properly away from screens, noise, or crowds?

Part 2. Read the comments below. Which ones feel familiar?

1. "I spend most of my time indoors without really noticing."
2. "I only go outside when I need to get somewhere."
3. "I feel better outdoors, but I rarely make time for it."
4. "Nature feels like something I'll enjoy more later in life."

Discuss:

- Why do they feel true for you?
- Do you think this is just modern life, or something we can change?

COLLOCATIONS

Part 1. Match the verbs and nouns to form natural collocations.

Nature	Outdoors	View	Fresh air
Environment	City	Natural world	Natural beauty

1. Spend time in _____
2. Appreciate _____
3. Connect with the _____
4. Take in the _____
5. Protect the _____
6. Escape the _____
7. Explore the _____
8. Enjoy the _____

Part 2. Choose the best collocation for each situation.

1. Standing at the top of a hill, quietly noticing everything around you
2. Leaving a busy city for a calm weekend away
3. Opening a window after being indoors all day
4. Travelling to experience landscapes, wildlife, and different environments
5. Wanting future generations to enjoy clean air and green spaces
6. Spending time outside to relax, reset, or clear your head
7. Feeling more present when you step away from screens
8. Noticing the colours, shapes, and details of the natural world

Part 3. Read the statements. Choose three that feel true or meaningful for you. Explain why.

1. I feel better when I **spend time in nature**, even briefly.
2. Taking a moment to **take in the view** helps me slow down.
3. **Enjoying the fresh air** is one of the easiest ways for me to reset.
4. **Escaping the city**, even for a short time, helps me feel lighter.
5. I **connect with the outdoors** most when I'm not rushing.
6. I'd like to **explore the natural world** more in simple, everyday ways.
7. Noticing small details helps me **appreciate natural beauty** more.
8. **Protecting the environment** feels more meaningful when it starts locally.

Part 4. Complete the sentences with your own ideas.

1. I try to **spend time in nature** when...
2. I feel most able to **connect with the outdoors** when...
3. I like to stop and **take in the view** when...
4. I really **enjoy the fresh air** when...
5. I think it's important to **protect the environment** because...
6. I usually want to **escape the city** when...
7. I'd love to **explore the natural world** by...
8. I often forget to **appreciate natural beauty** when...

Part 5. Read the situations below. Give advice using one or two collocations each time.

1. "I feel tired and overstimulated most of the week."
2. "I spend all day indoors and feel disconnected."
3. "I live in a busy city and struggle to switch off."
4. "I'm always rushing and never notice my surroundings."
5. "I want to travel more meaningfully, not just see tourist spots."
6. "I worry about the environment but don't know where to start."

REFLECTION

Discuss the following questions.

1. Which collocation feels most relevant to your life right now?
2. Which one would you like to use more in the future?
3. What small, realistic change could help you do that?