

Getting Outside & Trying Something New

Pre-intermediate (A2-B1)



Part 1. Think about the last time you spent time outdoors and talk about it.

1. Where did you go?
2. What did you do?
3. How did you feel afterwards?

Part 2. Choose one option in each pair and explain your choice.

Go for a walk to clear your head

or

stay in and scroll instead?

Plan a day outdoors

or

only go if someone else suggests it?

Try something new outside

or

stick to what you know you like?

Go out even if you can't be bothered

or

stay in and regret it later?

Be outside with no signal or Wi-Fi

or

have your phone the whole time?

Part 3. Look at the situations and say which ones are true for you. Explain why.

- You think about going outside, but end up staying in without really deciding
- You feel better after getting some fresh air, but still don't do it regularly
- You tell yourself you'll "do something this weekend"... and then don't
- You enjoy being outside, but it rarely feels like a priority
- You need a proper reason (plans, people, an activity) to actually go out

Part 4. Look at each situation and say what you would do. Then explain why.

- A friend suggests going for a long walk early in the morning
- You see a nice place online and think about going there this weekend
- You have a free afternoon with nothing planned
- The weather is good, but you feel a bit tired – do you go out or stay in?
- Someone invites you to try something new outdoors

Part 5. Look at the activities and say which ones you have tried or would like to try.

Paddleboarding – standing on a board and moving across calm water

Wild swimming – swimming in a lake, river, or the sea

Hiking in the mountains – long walks with views, sometimes challenging

Camping overnight – sleeping outside, away from the city

Cycling somewhere new – exploring a new area by bike

Kayaking – moving through water using a small boat and paddle



Part 6. Complete the sentences in your own words.

1. Trying something new can feel...
2. Being in nature can...
3. Doing something a bit difficult can...
4. I usually enjoy being outside when...
5. I don't feel like going out when...
6. I feel better after I...

Part 7. Look at the situations below. How would you respond?

1. Your friend says:

"There's a place where you can swim in the sea at sunrise... I'm thinking of going this weekend."

2. Someone suggests:

"Let's go paddleboarding – it looks easy."

3. Your friend says:

"I booked a night camping... no signal, no proper bathroom."

4. Someone says:

"There's a trail with an amazing view, but it's a tough walk to get there."

5. Your friend says:

"I want to try something different this weekend – not just the usual."

Part 8. You've got one full day free this weekend. Plan something outdoors you'd actually enjoy.

1. Where would you go?
2. What would you do there?
3. Who would you go with (or go alone)?
4. What would make it a good day for you?



REFLECTION

Complete the sentences in your own words.

1. I'd try something like paddleboarding if...
2. Spending a night camping would be... for me because...
3. Being somewhere with no signal or Wi-Fi would feel...
4. A simple outdoor plan I'd enjoy is...
5. The kind of outdoor activity that suits me is...
6. After this lesson, I'd realistically...

