

# NEWS BREAK

**Sunday's News Break** selects an article from **Sunday, November 29, 2015** of The Seattle Times e-Edition for an in-depth reading of the news. Read the selected story and answer the attached study questions.

**Even in small doses, nature could be good for you** (NW Arts & Life, **page H8**)

## Pre-Reading and Vocabulary

1. Read the title of this article. Then as a class brainstorm and discuss ways that nature could be good for you and why.

2. **Vocabulary: Match the words to the numbered definitions below.**

- A. cohesion
- B. concentrate
- C. contemplation
- D. correlated
- E. cortisol
- F. dosage
- G. duration
- H. exposure
- I. frequency
- J. grant
- K. immerse
- L. indicator
- M. integrate
- N. restoration
- O. urban
- P. yield

- 1. the act of thinking deeply about something
- 2. a sign that shows the condition or existence of something
- 3. the length of time that something exists or lasts
- 4. to produce (something) as a result of time, effort, or work
- 5. the number of times that something happens during a particular period
- 6. to show that a close connection exists between (two or more things)
- 7. to make (something) a part of another larger thing
- 8. to make (yourself) fully involved *in* some activity or interest
- 9. the principal steroid hormone produced by the adrenal cortex. It regulates carbohydrate metabolism and the immune system and maintains blood pressure
- 10. the act or process of returning something to its original condition by repairing it, cleaning it, etc.
- 11. a condition in which people or things are closely united
- 12. the fact or condition of being affected by something or experiencing something : the condition of being exposed *to* something
- 13. of or relating to cities and the people who live in them
- 14. to think about something: to give your attention to the thing you are doing, reading, etc.

15. an amount of money that is given to someone by a government, a company, etc., to be used for a particular purpose (such as scientific research)
16. the amount of a medicine, drug, or vitamin that should be taken at one time or regularly during a period of time

### Comprehension

1. The recent research funded by the TKF Foundation, shows that how many minutes of exposure to nature, two to three times per week, produces mental restoration benefits?  
**(Multiple Choice)**
  - a) 5 minutes
  - b) 10 minutes
  - c) 15 minutes
  - d) None of the above
2. The TKF Foundation has awarded grants to six projects across the country that \_\_\_\_\_ the design of urban spaces with research on user benefits. **(Fill in the blank)**
3. The TKF Foundation's goal is to freely share the results of all the studies research to help city-dwellers cope with what?
4. The research conducted by MaryCarol Hunter, a professor at the University of Michigan had subjects immerse themselves in nature at least 2 ½ times per week and then do what on a specially created mobile app before and after immersing themselves in nature?
5. The digital entries from the mobile app were correlated with participant's levels of what?
6. Name one benefit participants from the study reported having after immersing themselves in nature.
7. Dr. Marc Berman of the University of Chicago asked his subjects to take a 2.5 mile, 50 minute walk through either a dense, urban environment or an arboretum. Afterward they were given memory tests to measure what?
8. As confirmation, Dr. Berman did another study that yielded similar results using what instead of the walks?
9. Cortisol levels in saliva are an indicator of stress – **true or false?**

### Additional Activities

1. **Answer the following questions about the article you just read:**
  - A. Who or what is this article about?
  - B. Why do you think this article is important?
  - C. What is the most important or interesting fact you learned from this article?
2. Have students read more about the health benefits of kids playing outside at: <http://www.nwf.org/What-We-Do/Kids-and-Nature/Why-Get-Kids-Outside/Health-Benefits.aspx> . Then have students track how much time they spend in nature each day and how they feel.

News Break is posted to the Web on Wednesday and Friday. Please share this NIE News Break program with other teachers. To sign-up for the electronic edition for your class, please register on-line or call 206/652-6290 or toll-free 1-888/775-2655.

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### Answer Key to Vocabulary

- A. 11
- B. 14
- C. 1
- D. 6
- E. 9
- F. 16
- G. 3
- H. 12
- I. 5
- J. 15
- K. 8
- L. 2
- M. 7
- N. 10
- O. 13
- P. 4

### Answer Key to Comprehension Questions

- 1. b) 10 minutes
- 2. integrate
- 3. To help city-dwellers cope with the stresses of city life.
- 4. Answer questions about their mental well-being.
- 5. Cortisol
- 6. Significantly less stress, improved ability to focus, increased satisfaction with their mood, increased energy levels. **(Answers may vary – only one example necessary)**
- 7. To measure their ability to concentrate of focus.
- 8. Using photos of urban or nature scenes.
- 9. True