

Natural Antidotes to City Life

1. True or False?

- The average person spends 90% of their time indoors.
- According to the UN, by 2050, 80% of the world's population will live in cities.
- Spending too much time indoors may result in decreased cortisol levels.
- Trees emit antimicrobial compounds called *phytoncides*.
- Spending time outdoors might improve one's immune system.

Answer Key: a. true; b. false; c. false; d. false; e. true

2. Match the verbs with their antonyms.

to encourage • to persist • to neglect • to allow • to activate

- to perish
- to disincentivise
- to disable
- to care for
- to prohibit

Answer Key: a. to persist; b. to encourage; c. to activate; d. to neglect; e. to allow

3. Fill in the gaps with the correct words.

of • with • behind • in • on

- The science _____ forest bathing is surprisingly precise.
- A lingering sense ___ disconnection is one of the symptoms of *Nature Deficit Disorder*.
- The United Nations projects that nearly 70 percent of the global population will live ___ cities by 2050.
- Humans increasingly rely ___ technology to interact with the world.
- Connection ___ nature offers numerous health benefits.

Answer Key: a. behind; b. of; c. in; d. on; e. with

4. Form adverbs from adjectives and nouns from the article.

example: near - nearly

- a. constant - _____
- b. strategy - _____
- c. universal - _____
- d. slow - _____
- e. quiet - _____

Answer Key: a. constantly; b. strategically; c. universally; d. slowly; e. quietly

5. Fill in the correct word. For each pair of sentences, use the same word twice.

flow • nerve • pressure • key • leaves,

a. The bus _____ at 8.

The _____ turn brown in autumn.

b. The Natural Killer cells are a _____ component of the immune system.

Bring the _____ back to reception.

c. The sensation of a „_____ state” is also known as „being in the zone”.

Many rivers _____ through Poland, but the Wisła is the longest one.

d. The doctor said my blood _____ is too high.

This new job is so stressful; I’m constantly under _____.

e. Cold water is said to stimulate the vagus _____.

I was going to ask him for a raise, but I lost my _____.

Answer Key: a. leaves; b. key; c. flow; d. pressure; e. nerve

6. List as many words as you can that you associate with the following terms.

- a. forest
- b. water
- c. sky

Example: a. forest – tree, branch, leaf, green...; b. water – deep, blue, sea...; c. sky – bird, cloud, blue...