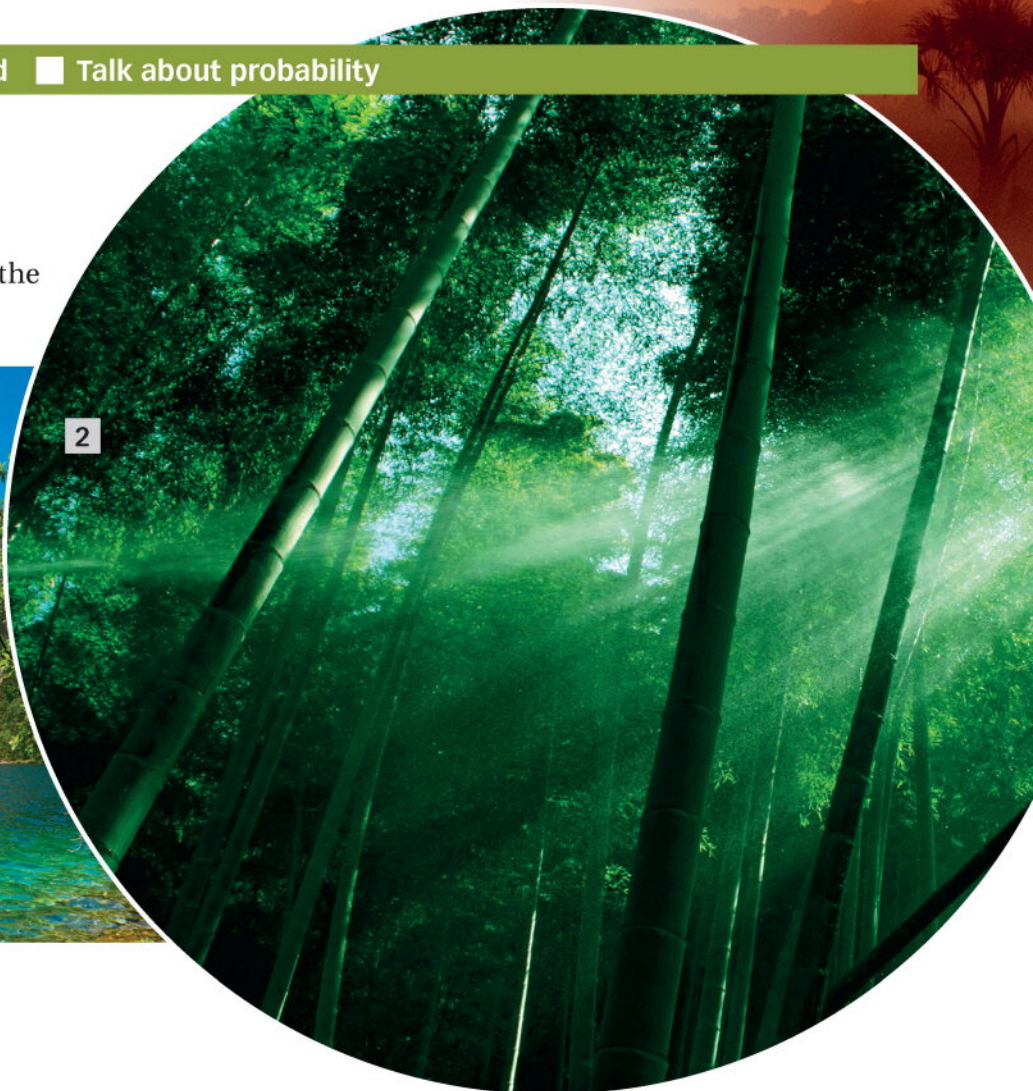
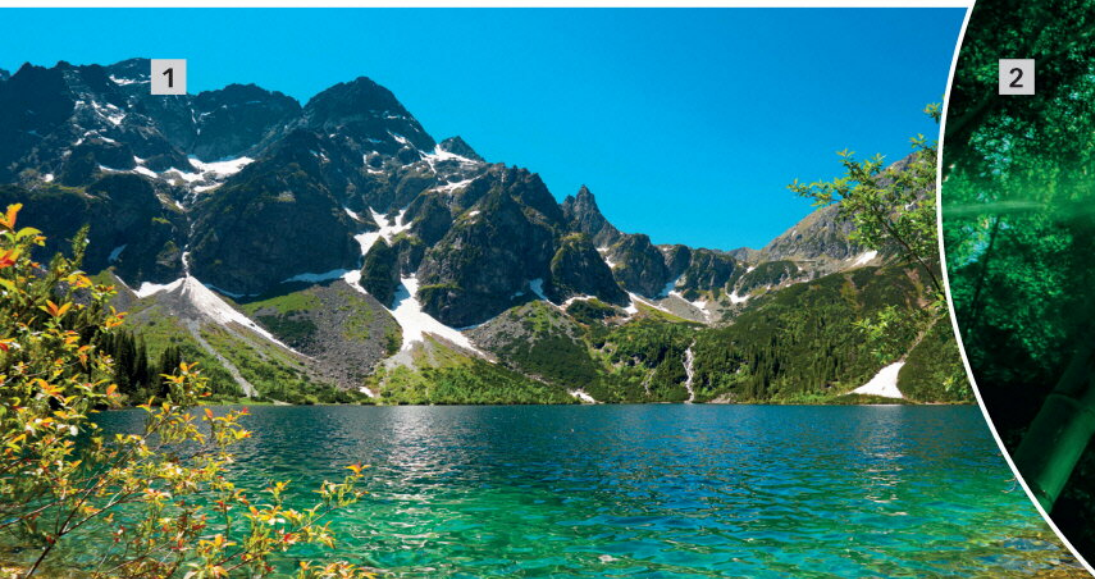


4.2 Forest bathing

GOALS ■ Talk about the natural world ■ Talk about probability

Vocabulary & Speaking the natural world

1a 4.2))) Listen to two people who have each been to one of the places in photos 1–4. Which ones has he/she been to?



b Which words helped you decide?

2 Choose one of the other photos and make some notes describing it using the words in the box.

cliffs greenery forest fresh air pools landscape
peaks season scenery soil steep sunset sunshine
rocks valley(s) waterfalls

3 Take turns to listen to your partner's description and decide which photo he/she is describing.

Grammar & Listening probability

4 Read the quotation. What do you think might be the benefits of forest bathing? Discuss with a partner.

'Shinrin-yoku, or forest bathing, is simply visiting the forest (or other natural area) and walking slowly, taking in everything that you can see, hear, smell and even taste.'

5a 4.3))) Listen to a radio interview and note down three benefits of spending time in green spaces.

- 1 _____
- 2 _____
- 3 _____

b Compare your list with a partner.

6a Work with a partner. Look at the predictions and complete them with the numbers in the box.

3 8.5 30 50 52 61 92

- 1 In the US people now spend _____ hours a day looking at a screen, and this trend **will definitely** spread around the world as smartphones become more common.
- 2 The percentage of British people living in cities **is likely** to rise to _____% by 2030.
- 3 Countries such as Botswana, where in 1950 only _____% of people lived in a city, **may** end up in a similar situation.
- 4 Nowadays _____% of Botswana's population lives in cities and this percentage **will probably** rise further.
- 5 Walking in a forest for _____ minutes improves mood and **might** even stop you getting ill.
- 6 After a two-hour walk some people showed a _____% increase in the white blood cells needed to help fight disease.
- 7 The Japanese government **will** build _____ more forest bathing trails within the next ten years, and other countries **may** follow.

b 4.4))) Listen and check your predictions.



- 7a** Look at the sentences in exercise 6a. Read the information in the Grammar focus box and choose the correct options to complete the rules.

GRAMMAR FOCUS *will/may/might* to talk about probability

• Modal verbs

We can use the modal verbs *will*, *may* and *might* to talk about how sure we are about something. *Might/may* suggests a ¹ **smaller** / **greater** possibility than *will*.

• Adverbs and adjectives

We can also use the adverbs *probably*, *possibly* and *definitely* and the adjectives *likely* and *unlikely* to give more information about how sure we are.

Definitely, *probably* and *possibly* come ² **after** / **before** the modal verb in positive sentences and ³ **after** / **before** the modal verb in negative sentences.

Likely and *unlikely* are followed by ⁴ **infinitive + to** / **infinitive without to**.

→ **Grammar Reference** page 143

- b** Compare your answers with a partner and give reasons for your choices.

PRONUNCIATION intonation – certainty

Our intonation can often signal how certain we feel about what we are saying.

- 8a** 4.5))) Listen to four statements and write them down.

- b** Answer questions 1–3.

- 1 In positive statements, does the stress fall or rise on the modal verb (*will/may/might*) or on the adverb (*probably/possibly/definitely*)?
- 2 Is it the same in negative statements?
- 3 Where does the stress fall in sentences using (*un*)*likely*?

- c** 4.5))) Listen again and repeat.

- 9a** Write the predictions so they agree with your own opinions about the future, using a probability phrase from the Grammar focus box.

- 1 By 2030 / eighteen cities / have more than twenty million inhabitants.
- 2 Pollution / increase.
- 3 Food prices / rise as we need more space for people to live.
- 4 Food / on the top of tall buildings.
- 5 Cities / more green spaces.
- 6 People / get much fresh air.
- 7 Every block of flats / a communal garden.
- 8 People / spend as much time in nature.

- b** Compare your ideas with a partner. Give reasons for your opinions.

- 10** **TASK** Work in small groups and discuss your ideas.

- How often do you get out into green spaces? Can you describe a time you did? What made it memorable?
- How important do you think access to nature and green spaces is? Why?
- Do you think this access to nature will become more or less important in the future? Why?

▶ VOX POPS VIDEO 4