

Worksheet

Name :

Subject:

U 6 Lesson 6A

Class:

12th grade

Date:

WRITING & VOCABULARY – An Article

PART 1: SPEAKING

Look at the photos and discuss.

- What do you think the people in the photos are doing? Why?**
ماذا تعتقد أن الأشخاص في الصور يفعلون؟ ولماذا؟
- What do you think the benefits of these activities might be?**
ما الفوائد التي تعتقد أن هذه الأنشطة تقدمها؟

PART 2: READING FOR GIST

Quickly read the article and choose the best title.

Option	Title	الترجمة
A	Three ways to fight stress	ثلاث طرق لمحاربة التوتر
B	Bathing – without getting wet	الاستحمام – دون أن تبتل
C	The beautiful forests of Japan	الغابات الجميلة في اليابان
D	Nature – why we need it	الطبيعة – لماذا نحتاجها

PART 3: MATCH HEADINGS TO PARAGRAPHS

Heading	Translation
Sensory engagement	التفاعل الحسي
Blossoming benefits	فوائد متزايدة
Not a minute's peace	لا لحظة هدوء
Environmental protections	الحماية البيئية
Eastern origins	الأصول الشرقية
Family activities	أنشطة عائلية

PART 4: WRITING BOX (HOW TO WRITE AN ARTICLE)

Word	Meaning
appropriate	مناسب
complex	معقد

directly	مباشرة
engage	يُجذب / يشد انتباه
intriguing	مشوق
memorable	لا يُنسى
paragraphs	فقرات
vary	يتنوع

WRITING RULES

- Give your article an **intriguing title**.
أعطِ مقالك عنواناً مشوّقاً.
- Engage** the reader immediately with an interesting opening sentence.
اجذب القارئ من الجملة الأولى.
- Speak **directly** to the reader.
خاطب القارئ مباشرةً.
- Organise your article into clear **paragraphs**.
نظم مقالك في فقرات واضحة.
- Use **complex** sentences and linking devices.
استخدم جملًا مركبة وأدوات ربط.
- Vary** sentence length.
نوع في طول الجمل.
- Conclude with a **memorable** ending.
اختم بنهاية مؤثرة.
- Use an **appropriate** style for your audience.
استخدم أسلوبًا مناسباً للجمهور.

PART 5: VOCABULARY FROM THE ARTICLE

Definition	Word	Arabic
completely occupied with an activity	immersed	منغمس
think deeply about something	contemplate	يتأمل
a period where everything changes	revolution	ثورة / تغيير جذري
attitudes and feelings about something	psyche	نفسية / عقلية
begin to use something	adopt	يتبني
a large amount of something	abundance	وفرة
to produce gas/light/sound	emit	يُصدر
encouragement of development	stimulation	تحفيز

PART 6: WORD FORMATION

1. industrial **emissions**
الانبعاثات الصناعية
2. a **contemplative** mood
مزاج تأملي
3. educational **psychologist**
أخصائي نفسي تربوي

4. another engagement
موعد / ارتباط آخر

PART 7: WRITING TASK

Advertisement Translation

جزء من حملتنا لمساعدة الناس على تقليل التوتر وترك الأجهزة الإلكترونية، نبحث عن مقالات يكتبها طلاب لدول أخرى عن أنشطة في الأردن تساعد الناس على الاسترخاء وتحسين صحتهم. أخبرونا أين نذهب، ماذَا نفعل، وكيف يساعد ذلك

Your Task:

Write an **article** for students in other countries about:

- Places in Jordan to relax
- Activities to reduce stress
- Health benefits

STRUCTURE TO FOLLOW

1. Title
2. Interesting introduction
3. Description of activity
4. Benefits
5. Conclusion

Forest Bathing

Paragraph A

People! Traffic! Texts! Work! Modern life can be so stressful, can't it? Given the relentless pace of life and the ever-present screens that we all rely on for our jobs, studying and entertainment, it can be very difficult to really escape from it all. The situation begs the question: were humans really meant to live with this amount of constant stimulation? It's difficult to reasonably conclude that the answer is 'yes'.

الترجمة

الحياة الحديثة مليئة بالناس والإرث ووسائل الاتصال والعمل، وهذا يجعلها مرهقة جدًا. نظرًا لسرعة الحياة والشاشات الموجدة دائمًا والتي تعتمد عليها في العمل والدراسة والترفيه، من الصعب الهروب من كل هذا. يطرح الوضع سؤالًا: هل خلق الإنسان ليعيش بهذا القدر من التحفيز المستمر؟ من الصعب القول إن الإجابة نعم.

Questions

1. Why does the writer think modern life is stressful?
2. What makes it difficult to escape from stress?
3. What question does the writer ask about human life?

Paragraph B

One increasingly popular response to this constant blur of activity is forest bathing, or as it is known in Japan where it originated: shinrin-yoku. The term was coined by Tomohide Akiyama, who was then the Director of the Ministry of Agriculture, Forestry and Fisheries for Japan. He was party to the findings of several studies which had shown that the compounds and essential oils which trees naturally emit had very positive effects on human health. With this in mind, Akiyama used his position to get the practice of shinrin-yoku officially recognised, thereby increasing the value of the nation's forests within the nation's psyche. Interestingly, this happened during the 1980s when much of the world, and Japan in particular, was on the edge of the technological revolution that meant speed of communication, and stress levels, both began to rise. This may explain why forest bathing has become popular in other countries such as the USA, the UK, Finland and South Korea.

الترجمة

أحد الحلول التي أصبحت شائعة لهذا النشاط المستمر هو "الاستحمام في الغابة" أو شينرين-يوكو في اليابان. صاغ المصطلح توموهيدى أكياما، مدير وزارة الزراعة والغابات في اليابان آنذاك. أظهرت الدراسات أن المواد والزيوت التي تطلقها الأشجار لها تأثيرات إيجابية على صحة الإنسان. لذلك تم الاعتراف بالمارسة رسمياً، مما زاد من قيمة الغابات في نفسية الشعب. حدث ذلك في الثمانينيات مع بداية الثورة التكنولوجية وارتفاع مستويات التوتر، مما يفسر انتشارها عالمياً.

Questions

4. What is forest bathing called in Japan?
5. Who created the term?
6. Why did the Japanese government support this practice?
7. Why did forest bathing become popular worldwide?

Paragraph C

So what exactly do forest bathers do? Firstly, leave your phone and any other gadgets behind. The aim is to completely immerse yourself in natural surroundings; it's not a photo shoot or a chance to catch up on your favourite podcasts. Obviously, a forest is ideal, but studies have shown that spending time in a park or any other place with an abundance of nature can also yield great results. You'll also want to set aside plenty of time, ideally four to six hours. This is so you can contemplate, relax and slow your heart rate. Focus on engaging your senses: listen to birdsong, inhale the fresh air and smells which surround you. You can also watch the creatures you see and touch the plant life that you find along your way while ensuring you leave everything as you find it.

الترجمة

يترك الممارسون هواتفهم وأجهزتهم وينغمسون تماماً في الطبيعة. يقضون وقتاً طويلاً (4-6 ساعات) في التأمل والاسترخاء وإبطاء ضربات القلب. يستخدمون حواسهم بالاستماع للطير، واستنشاق الهواء النقي، ولمس النباتات، مع الحفاظ على البيئة كما هي.

Questions

8. Why should people leave their phones behind?
9. How long should forest bathing last?
10. Which senses are used during this activity?

Paragraph D

Following time spent forest bathing, practitioners report improved mood and mental health, decreased blood pressure and stress and an increased ability to fight sickness and disease. So, why not try spending an afternoon quietly walking through a forest? Alternatively, perhaps you could simply slip off your shoes and walk barefoot on the grass for a while? Either way, your body and mind will thank you for taking a break from screens and reconnecting with nature.

الترجمة

تشمل الفوائد تحسن المزاج والصحة النفسية، انخفاض ضغط الدم والتوتر، وزيادة مقاومة الأمراض. يقترح الكاتب المشي في الغابة أو المشي حافي القدمين على العشب لإعادة الاتصال بالطبيعة.

Questions

11. What mental health benefits are mentioned?
12. What physical health benefit is mentioned?
13. What two activities does the writer suggest at the end?

Answer Key

Paragraph A

1. Because life is fast, busy, and full of screens, work, and messages.
2. The relentless pace of life and constant use of screens.
3. Whether humans were meant to live with so much constant stimulation.

Paragraph B

4. *Shinrin-yoku*.
5. Tomohide Akiyama.
6. Because studies showed trees release natural compounds and oils that improve human health.
7. Because stress levels increased during the technological revolution, so people looked for natural ways to relax.

Paragraph C

8. To fully immerse themselves in nature and avoid distractions.
9. Ideally four to six hours.
10. Hearing (birds), smell (fresh air), touch (plants), and sight (watching creatures).

Paragraph D

11. Improved mood and better mental health.
12. Lower blood pressure (also reduced stress and stronger immunity).
13. Walking quietly through a forest and walking barefoot on grass.

Haneen Mazahreh