

# Worksheet

Name :		Subject:	U 6 Lesson 6A
Class:	12 <sup>th</sup> grade	Date:	

## WRITING & VOCABULARY – An Article

### PART 1: SPEAKING

Look at the photos and discuss.

1. **What do you think the people in the photos are doing? Why?**  
ماذا تعتقد أن الأشخاص في الصور يفعلون؟ ولماذا؟
2. **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
<b>Sensory engagement</b>	التفاعل الحسي
<b>Blossoming benefits</b>	فوائد متزايدة
<b>Not a minute's peace</b>	لا لحظة هدوء
<b>Environmental protections</b>	الحماية البيئية
<b>Eastern origins</b>	الأصول الشرقية
<b>Family activities</b>	أنشطة عائلية

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

Word	Meaning
<b>appropriate</b>	مناسب
<b>complex</b>	معقد

<b>directly</b>	مباشرة
<b>engage</b>	يجذب / يشد انتباه
<b>intriguing</b>	مَشَوِّق
<b>memorable</b>	لا يُنسى
<b>paragraphs</b>	فقرات
<b>vary</b>	يَتَنَوَّع

## WRITING RULES

- Give your article an **intriguing title**.

أعط مقالك عنواناً مشوقاً.

- **Engage** the reader immediately with an interesting opening sentence.

اجذب القارئ من الجملة الأولى.

- Speak **directly** to the reader.

خاطب القارئ مباشرة.

- Organise your article into clear **paragraphs**.

نظم مقالك في فقرات واضحة.

- Use **complex** sentences and linking devices.

استخدم جملاً 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 أسلوباً مناسباً للجمهور.

## PART 5: VOCABULARY FROM THE ARTICLE

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

كجزء 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، ماذا 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 والازدحام والرسائل والعمل، وهذا يجعلها مرهقة جدًا. نظرًا لسرعة الحياة والشاشات الموجودة دائمًا والتي نعتمد عليها في العمل والدراسة والترفيه، من الصعب الهروب من كل هذا. يطرح الوضع سؤالاً: 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 توموهيدي 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 بالممارسة رسميًا، مما زاد من قيمة الغابات في نفسية الشعب. حدث ذلك في الثمانينيات مع بداية الثورة التكنولوجية وارتفاع مستويات التوتر، مما يفسر انتشارها عالميًا.

### 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 تمامًا في الطبيعة. يقضون وقتًا طويلاً (4-6 ساعات) في التأمل والاسترخاء وإبطاء ضربات القلب. يستخدمون حواسهم بالاستماع للطيور، 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.

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