NEWS BREAK

Article: Is time in nature really good for our health? REI wants to find out

Section: EXPLORE, F2

Sunday’s News Break selects an article from Sunday, November 17, 2019 of The Seattle Times print replica for an in-depth reading of the news. Read the selected article and answer the attached study questions.

You are encouraged to modify this lesson to fit the needs of your students. For example, some classrooms may be able to use this as a worksheet and others might need to ask and answer the questions in a small group or larger, class discussion.

*Please be sure to preview all NIE content before using it in your classroom to ensure it is appropriate for all of your students.

Standards:

CCSS.ELA-Literacy.RI.4.1

- Refer to details and examples in a text when explaining what the text says explicitly and when drawing inferences from the text.

CCSS.ELA-Literacy.RI.4.2

- Determine the main idea of a text and explain how it is supported by key details; summarize the text.

Objectives:

Students will discuss how much time do you and your family spend outside in nature and what their patterns of “nature engagement” are. They’ll discuss their favorite things to do out in nature and whether they recognize any physical, mental or emotional benefits. Students will talk about whether they think nature is good for humans and what the relationship between health and nature is.
Pre-Reading Discussion:

What do you think the article will be about?
Are there clues in the picture?
What can you infer?

Vocabulary Building:

Read this sentence, what do you think the highlighted words mean using context clues? A context clue is a word or words that are hints and refers to the sources of information outside of words that readers may use to predict the identities and meanings of unknown words.

“How and why do outdoor forays benefit human health?”

Write your guess and then look up the definition and write it below your guess.
How close did you come to the correct definition?

Foray Guess:

Foray Definition:

Comprehension Questions:

1. REI is helping to fund a study exploring what?
2. How and why do outdoor forays benefit human health? Outdoor outfitter REI is trying to find out. And the answer might involve what?
3. REI Co-op has donated a $______________ gift toward a long-term national study exploring the physical, mental and emotional benefits of spending time outdoors.
4. The study will be conducted by researchers from which university?
5. We know through current research that the average American spends _____% of their time inside.
6. At the co-op, we believe the nation’s growing disconnect from __________ will only exacerbate rising rates of chronic health problems.

7. In the first phase of the study, researchers will hold a series of focus groups to understand traits and attitudes that influence individuals’ what?

**Discussion Questions (small/large groups), Journal Prompts or Essay Questions:**

- How much time do you and your family spend outside in nature? What are your patterns on “nature engagement?”
- What do you do?
- How do you feel when you’re out in nature? Do you recognize any physical, mental or emotional benefits? Please explain.
- Do you think nature is good for humans? Why or why not?
- What do you think the relationship between health and nature is?

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

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