

PASSIVE VOICE

Facultad de Lenguas.

Lengua Extranjera Inglés



Facultad de Lenguas

Benemérita Universidad Autónoma de Puebla

Level: B1

Passive voice



<https://www.freepik.es/foto-gratis/hermoso-arbol-medio-campo-cubierto-hierba-linea-arboles-fondo_13005861.htm#query=naturaleza&position=12&from_view=search>

Designed by Freepik. [Hermoso árbol en medio de un campo cubierto de hierba con la línea de árboles en el fondo.](https://www.freepik.es/foto-gratis/hermoso-arbol-medio-campo-cubierto-hierba-linea-arboles-fondo_13005861.htm)

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Ecopsychology: How Immersion in Nature Benefits Your Health

A growing body of research points to the beneficial effects that exposure to the natural world has on health, reducing stress and promoting healing. Now, policymakers, employers, and healthcare providers are increasingly considering the human need for nature in how they plan and operate.

BY JIM ROBBINS • JANUARY 9, 2020

How long does it take to get a dose of nature high enough to make people say they feel healthy and have a strong sense of well-being?

Precisely 120 minutes.

In a study of 20,000 people, a team led by Mathew White of the European Centre for Environment & Human Health at the University of Exeter, found that people who spent two hours a week in green spaces — local parks or other natural environments, either all at once or spaced over several visits — were substantially more likely to report good health and psychological well-being than those who don't. Two hours was a hard boundary: The study, published last June, showed there were no benefits for people who didn't meet that threshold.

The effects were robust, cutting across different occupations, ethnic groups, people from rich and poor areas, and people with chronic illnesses and disabilities.

"It's well-known that getting outdoors in nature can be good for people's health and well-being, but until now we've not been able to say how much is enough," White said. "Two hours a week is hopefully a realistic target for many people, especially given that it can be spread over an entire week to get the benefit."

The study by White and his colleagues is only the latest in a rapidly expanding area of research that finds nature has robust effects on people's health — physically, mentally, and emotionally.

Robbins, Jim. January 9, 2020. *Ecopsychology: How Immersion in Nature Benefits Your Health*. YaleEnvironment360. <https://e360.yale.edu/features/ecopsychology-how-immersion-in-nature-benefits-your-health>
<<https://e360.yale.edu/features/ecopsychology-how-immersion-in-nature-benefits-your-health>>



1. Work in pairs. Describe the place in the photo.



2. <<https://www.youtube.com/watch?v=Lo9dRzJ-G6w>> Watch the video [Nature's Wonders - Official Trailer](https://www.youtube.com/watch?v=Lo9dRzJ-G6w)
<<https://www.youtube.com/watch?v=Lo9dRzJ-G6w>>



3. Do you think nature is good for your health?



4. <<https://wordwall.net/resource/23088989/nature-vocabulary>> Complete the exercise [Nature vocabulary](https://wordwall.net/resource/23088989/nature-vocabulary)
<<https://wordwall.net/resource/23088989/nature-vocabulary>> from *Wordwall*.

Interactive video



Nature Makes You Happy | BBC Earth

Nature Makes You Happy | BBC
Earth

Inicio

Nature Makes You Happy | BBC Earth. *Nature Makes You Happy | BBC Earth* <<https://www.youtube.com/watch?v=1wkPMUZ9vX4>> (CC0 <<http://creativecommons.org/publicdomain/zero/1.0/deed.es>>)

Vocabulary

Fill in the blanks



Complete the article *How Nature Can Make You Kinder, Happier, and More Creative* using the words below:

peaceful, blood, significantly, stress, spending, forest, measures, healthy, urban, anxiety.

How Nature Can Make You Kinder, Happier, and More Creative

We are more time indoors and online. But recent studies suggest that nature can help our brains and bodies to stay .

BY JILL SUTTIE | MARCH 2, 2016

I've been an avid hiker my whole life. From the time I first strapped on a backpack and headed into the Sierra Nevada Mountains, I was hooked on the experience, loving the way being in nature cleared my mind and helped me to feel more grounded and .

Being in Nature Decreases Stress

It's clear that hiking—and any physical activity—can reduce and . But, there's something about being in nature that may augment those impacts.

In one recent experiment conducted in Japan, participants were assigned to walk either in a or in an urban center (taking walks of equal length and difficulty) while having their heart rate variability, heart rate, and pressure measured. The participants also filled out questionnaires about their moods, stress levels, and other psychological .

Results showed that those who walked in forests had significantly lower heart rates and higher heart rate variability (indicating more relaxation and less stress), and reported better moods and less anxiety, than those who walked in settings. The researchers concluded that there's something about being in nature that had a beneficial effect on stress reduction, above and beyond what exercise alone might have produced.

In another study, researchers in Finland found that urban dwellers who strolled for as little as 20 minutes through an urban park or woodland reported more stress relief than those who strolled in a city center.

Adapted from

Greatergood.berkeley.edu https://greatergood.berkeley.edu/article/item/how_nature_makes_you_kinder_happier_more_creative

<https://greatergood.berkeley.edu/article/item/how_nature_makes_you_kinder_happier_more_creative>

Enviar

Grammar

Passive voice



<https://www.freepik.es/vector-gratis/iconos-energia-verde-conjunto-energia-limpia-ecologica-naturaleza-medio-ambiente-energia-bio-solar-reciclaje-iconos-vectoriales-energia-verde_11054246.htm#query=ecological%20houses&position=28&from_view=search>

Iconos de energía verde. conjunto de energía limpia ecológica. naturaleza y medio ambiente, energía bio solar, reciclaje de iconos vectoriales de energía verde vector gratuito [Imagen]. Freepik. <https://www.freepik.es> <https://www.freepik.es/vector-gratis/iconos-energia-verde-conjunto-energia-limpia-ecologica-naturaleza-medio-ambiente-energia-bio-solar-reciclaje-iconos-vectoriales-energia-verde_11054246.htm#query=ecological%20houses&position=28&from_view=search>

The passive voice

The **passive voice** is used when we are interested in the **person** or the **object** that receives an action; then, the passive voice focuses on the object rather than the subject. In other words, who does something is less important than what was done to something.

Active voice (Emphasis on the subject)	Passive voice (Emphasis on the object)	Verb tense
Volkswagen makes cars in Mexico.	Volkswagen cars are made in Mexico.	Present simple
Oscar Wilde wrote <i>The Picture of Dorian Gray</i> in 1890.	<i>The Picture of Dorian Gray</i> was written by Oscar Wilde in 1890.	Past simple
The factory has produced over 20 models in the past two years.	Over 20 models have been produced in the past two years.	Present perfect
The office will deliver the package tomorrow.	The package will be delivered tomorrow.	Future

Present

Ulrich et al. (1991) claimed that **Pleasant feelings are increased** by looking at scenes of nature.

Stress hormones are significantly **lowered** by spending just 20 minutes a day in nature.

Feelings of empathy, love, and **belonging are fostered** by being in nature (Groov, 2022).

Past

Earth Day was first **observed** on April 22, 1970,

We **were locked down** for several weeks during the COVID-19 pandemic.

Feelings of my life being diminished by the COVID-19 **were reduced** by looking after my garden.

Present perfect

Global warming **has been caused**, mainly, by human activity.

My life **has been changed** by the appreciation of nature.

Living in urban areas **has been considered** a source of stress.



<<https://www.youtube.com/watch?v=7FBr-G0ur9I>> Watch the video **The Passive Voice**. <<https://www.youtube.com/watch?v=7FBr-G0ur9I>>



<<https://test-english.com/grammar-points/b1/active-passive-voice/>> Complete the exercises: **Test-English** <<https://test-english.com/grammar-points/b1/active-passive-voice/>> ... **Passive mix types (1)**

<<http://baladre.info/english/sedaviwebfront/passive1.htm>> ... **BY WHOM?**

<<https://www.montsemorales.com/gramatica/Passivpast1.htm>>



Fill in the blanks.

Complete the sentences with the correct passive voice tense: present, past, or present perfect.

1. Recently, new evidence (find) in favor of nature contact.
2. High blood pressure (cause) by anxiety.
3. The participants (tell) that the experiment was over.
4. Contact with natural environments (such as parks, woodlands and beaches) (associate) with better health and well-being,
5. A simple plant (find) to have a significant impact on stress and anxiety.
6. We genetically (design) to find trees, plants, water, and other nature elements fascinating.
7. Before and after the walk, the participants (assess) on their emotional state and on cognitive measures.
8. Nature deprivation (associate) with depression.
9. In a 2011 study published in the Journal of the American College of Cardiology, time in front of a screen (associate) with a higher risk of death.
10. In a recent experiment conducted in Japan, participant (assign) to walk in a forest.

Enviar

Listening



Fill in the blanks.



Listen to the podcast *Mind and Body Benefit from Two Hours in Nature Each Week*. Fill the gaps with the correct word.



1. By now it's almost knowledge that spending time in nature is good for you.
2. Spending time outdoors has been linked with reduced and stress .
3. "We get this , patients are coming to us and they're saying, 'doctor, how long should I spend?' and the doctor is saying, 'I don't really know.'"
4. White and his team decided to find out by using collected from nearly 20,000 people in England .
5. Remarkably, the researchers found that less than two hours offered no benefits.
6. Even people with long-term or disabilities benefited from time spent in nature.
7. Although findings on a tremendous number of people, White cautions that it's really just a correlation.
8. Nobody knows why or how nature has this .
9. "We're not everybody has to do 120" [minutes].
10. "But it's certainly a starting ."

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True-false



Listen to the podcast *Mind and Body Benefit from Two Hours in Nature Each Week* again. Decide if the statements are True or False.

True or False.



1. Areas with more trees tend to be more polluted.

Verdadero Falso

Falso

Areas with more trees tend to be less polluted.

2. Spending time indoors has been linked with reduced blood pressure and stress.

Verdadero Falso

Falso

Spending time outdoors has been linked with reduced blood pressure and stress.

3. There's research showing that spending time in nature is good.

Verdadero Falso

Verdadero

There's dozens of papers showing that.

4. Mathew P. White and his team interviewed nearly 20,000 people in England for their research.

Verdadero Falso

Falso

Mathew P. White and his team decided to find out by using data collected from the Monitor of Engagement with the Natural Environment Survey.

5. And their answer? Three hours a week.

Verdadero Falso

Falso

Two hours a week.

6. The researchers found that less than two hours offered no significant benefits.

Verdadero Falso

Verdadero

Two hours offered no significant benefits.

7. People with long-term illnesses or disabilities benefited from time spent in nature.

Verdadero Falso

Verdadero

As long as it was at least 120 minutes per week.

8. White is not sure that his findings will resist a more rigorous investigation.

Verdadero Falso

Verdadero

Nobody knows why or how nature has this benefit or even if the findings will stand up to more rigorous investigation.

Reading



Find the word.



Read the article *FIVE REASONS WHY NATURE IS GOOD FOR YOU*. For questions 1-15 choose from the sections (A-F). The sections may be chosen more than once.

FIVE REASONS WHY NATURE IS GOOD FOR YOU

Section A

There is nothing better than getting out and experiencing the wide-open world. Whether it's climbing a mountain or walking the dog, those moments that we spend disconnected from the modern world feel extra special.

Many of us can get stuck in daily, weekly or even longer routines that don't allow us as much time walking outside as we would like. However, it's essential to make time where we can, for many reasons.

Section B

IMPROVES LIFE SATISFACTION

Recent studies into the effects of spending more time in nature are concluding that it could one day be as important as our five-a-day fruit and veg recommendation!

One such experiment tested the effects of spending two hours a week in nature as opposed to those who spent little or no time in nature. This study, involving 20,000 people in England, found that time spent outside had a tangible impact on overall life satisfaction.

Two-thirds of those that spent two hours or more surrounded by nature every week were satisfied with their life, compared to around half of those who spent little time outside.

Two hours in nature might sound like a lot, but this doesn't have to be physical. Whether it's a quiet walk or even just sitting on a bench, just being with the outside world is enough to feel the benefits!

Section C

REDUCES ANXIETY AND DEPRESSION

Research has proven that even the simple act of doing basic tasks outside can aid people in getting over mild levels of anxiety and depression. There are many ways in which this happens, with the physical and social aspects of time spent outside playing a significant role.

Sometimes, people can believe that to experience nature's benefits, they need to embark on a big day-trek that requires extensive planning. The reality, however, is that even a simple walk around the block or taking your lunch to the local park can be enough to see significant improvements in your mood.

Section D

REDUCES STRESS.

One of the most proven benefits of an outdoor lifestyle is its ability to reduce the symptoms of stress. Various studies have concluded that exposure to nature reduces things such as blood pressure, providing real-world benefits to those seeking a healthy lifestyle.

Section E

IMPROVES PHYSICAL HEALTH

There are many reasons why simply being in nature can produce such substantial and tangible benefits. Things such as exposure to sunlight and detachment from the stresses of everyday life play a part. However, the most common reason is the excuse to engage in physical activity that nature provides.

Perhaps more proven than the benefits of nature are the advantages of an active lifestyle. Even if it is just exploring the natural world, the light physical exercise that comes with walking can produce significant benefits to our overall physical health.

Section F

IMPROVES CREATIVITY

Research has shown that spending time outside can help reduce our overall mental fatigue. Moreover, it is also known to restore our attention capacity, making us more focused.

A more calm and focused mind can help in a range of areas, not just creative. However, the reduction of our mind's mental ailments, such as anxiety, combined with added focus, allows us to unlock our creative potential like never before!

There are now many studies that prove the broad range of benefits that spending even a small amount of time in nature can provide. While it should not be considered a miracle cure, the natural world does hold many advantages that can help us succeed in our daily lives!

Article adapted from Five reasons why nature is good for you from Iowa.

Which **section (letter)** or **word** mentions the following:

1. Including all the people or things in a particular group or situation:
2. Not inside a building:
3. Important or noticeable:
4. Unable to move, or set in a particular position, place, or way of thinking:
5. To give someone something that they need:
6. Being affected because of being in a particular situation or place:
7. Separate from someone or something else:
8. Any feeling of illness or physical or mental change that is caused by a particular disease:
9. Help or support:
10. To become involved, or have contact, with someone or something:
11. The result of a particular influence:
12. To search for something or try to find or obtain something:

Enviar

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Referencias

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