Here are the questions with answers. Pause the recording and speak out loud.

You don’t have to be perfect. Just speak quickly and have fun.

Remember, if you want to improve your speaking, you have to speak a lot.
Einstein once said, “Look deep into nature, and then you will understand everything better.”

What did Einstein once say? Einstein once said, “Look deep into nature, and then you will understand everything better.”

Philosophers and scientists from Aristotle to Einstein have known throughout history that walking in nature can boost creativity.

Have philosophers known throughout history that walking in the city can boost creativity? No, they haven’t known throughout history that walking in a city can boost creativity. They have known throughout history that walking in nature can boost creativity.

When we walk our heart rate increases, pumping blood and oxygen into our brains. The rhythm of our feet stimulates our minds.

When we walk, what happens to our heart rate? When we walk, our heart rate increases. And what gets pumped into our brains? Blood and oxygen gets pumped into our brains. Does the rhythm of our hands stimulate our minds? No, the rhythm of our hands doesn’t stimulate our minds. The rhythm of our feet stimulates our minds.

And because walking requires little mental energy, our thoughts are free to wander in new and creative ways.

Does walking require a lot of mental energy? No, walking doesn’t require a lot of mental energy. It requires a little mental energy. And what is then free to wander in new and creative ways? Our thoughts are free to wander in new and creative ways.

Walking, and especially walking in nature, doesn’t just stimulate our creativity. According to recent research, it also makes us healthier and happier.

Does walking in nature stimulate our creativity? Yes, it does. Walking in nature stimulates our creativity. And according to recent research, what else does walking in nature do? According to recent research, walking in nature also makes us healthier and happier.

Yoshifumi Miyazaki of Chiba University studied the effects of nature on stress.

Did Yoshifumi Miyazaki of Chiba University study the effects of stress on nature? No, Miyazaki didn’t study the effects of stress on nature. He studied the effects of nature on stress.
He organized two groups of volunteers. Eighty-four of them walked in nature and eighty-four of them walked in a city. After just a 15-minute walk, the nature walkers demonstrated lower levels of stress.

After the 15-minute walk, which group of volunteers demonstrated lower levels of stress? After the 15-minute walk, the nature walkers demonstrated lower levels of stress.

Their blood pressure fell by 2 percent, their heart rate decreased by 4 percent, and their levels of cortisol, a stress hormone, dropped by 16 percent.

Did their blood pressure rise or fall? Their blood pressure fell by 2 percent. And how about their heart rate? Did it increase or decrease? Their heart rate decreased by 4 percent. And what happened to their levels of cortisol? Their levels of cortisol dropped by 16 percent.

Miyazaki thinks that humans have evolved to be more relaxed in nature.

Does Miyazaki think that humans have evolved to be more aggressive in nature? No, Miyazaki doesn’t think that humans have evolved to be more aggressive in nature. He thinks that humans evolved to be more relaxed in nature.

Stanford University Professor, Greg Bratman, is also researching the connection between walking in nature and health and happiness.

What is Stanford University Professor, Greg Bratman, researching the connection between? Stanford University Professor, Greg Bratman, is researching the connection between walking in nature and health and happiness.
He specifically focused on rumination, which is a cyclical focusing on negative thoughts.

**What did professor Bratman specifically focus on?** He specifically focused on rumination. **What is rumination?** Ruminaton is a cyclical focusing on negative thoughts. **What is another word for rumination?** Another word for rumination is: worry.

Most people have had the experience of getting into a negative funk.

**What have most people had the experience of getting into?** Most people have had the experience of getting into a negative funk. **Have you ever been in a negative funk?**

Whether we are worrying about the future or beating ourselves up over past mistakes, it isn’t always easy to shake negative thoughts.

**Is it always easy to shake negative thoughts?** No, it isn’t always easy to shake negative thoughts. **Do you sometimes beat yourself up over past mistakes?**

According to Bratman’s research, the antidote to these negative states could be simple.

**According to Bratman’s research, is the antidote to these negative states complex?** No, the antidote to these negative states is not complex. The antidote is simple.

Bratman sent 38 volunteers to walk in nature and another 38 volunteers to walk in a city. Before the walk, they filled out surveys about their emotional states.

**How many volunteers were there?** There were a total of 76 volunteers. Before the walk, what did the volunteers do? Before the walk, the volunteers filled out surveys about their emotional states.

Bratman also scanned the volunteers' brains to measure blood flow in the prefrontal cortex, a part of the brain associated with negative thinking.

**What did Bratman do to the volunteers' brains?** Bratman scanned the volunteers' brains. **Why did Bratman scan their brains?** He scanned their brains because he wanted to measure blood flow in the prefrontal cortex. **What is the prefrontal cortex?** The prefrontal cortex is a part of the brain associated with negative thinking.
After returning from their walks, the nature-walking group reported fewer negative thoughts and their brain scans backed them up.

After returning from their walks, did the nature-walking group report more or fewer negative thoughts? After returning from their walks, the nature-walking group reported fewer negative thoughts. And did their brain scans support this? Yes, they did. Their brain scans backed them up.

Bratman believes that nature positively influences where we put our attention.

What does Bratman believe? Bratman believes that nature positively influences where we put our attention.

While most of us don’t need science to tell us that nature is healing, perhaps it can nudge us to step away from our screens and spend more time outdoors.

Do most of us need science to tell us that nature is healing? No, we don’t. Most of us don’t need science to tell us that nature is healing. But what might science help us to do? Perhaps science can nudge us to step away from our screens and spend more time outdoors.