

Lesson 04: Beaches

Hi! Welcome to the Article Discussion lesson!

Today's topic is about "*Beaches.*"

Have fun learning English!

Activity 1 | Vocabulary and Expressions

Directions: Listen and repeat.

Vocabulary

- **ubiquitous** – present, appearing, or found everywhere
- **feast** – a special meal with very good food or a large meal for many people
- **tranquility** – the quality or state of being tranquil; calmness; peacefulness; quiet; serenity
- **triggered** – to cause (something) to start or happen
- **pensive** – being engaged in deep thought
- **dopamine** – a strong chemical in your brain that makes you feel and do happy things
- **serotonin** – a neurotransmitter, derived from tryptophan, that is involved in sleep, depression, memory, and other neurological processes
- **prominent** – important, famous or well known

Activity 2 | Article

Directions: Read the article aloud with your teacher.

Beaches

Excessive stress is becoming **ubiquitous** in our lives and most of us are dealing with high levels of stress and anxiety on a daily basis. Meaningful leisure activities are an essential source of good self-esteem and positive self-image. There is no universal answer as to which activity is the best one for reducing stress levels, but, as some recent studies indicate, whiling away time on a beach brings about health benefits in abundance.

A beach, a clear sky, soft sand, rolling waves and sea breeze, are characteristic of a soothing environment. The aforementioned phenomena can be construed as a **feast** for the senses. Zen-like **tranquility** can be **triggered** at a beach simply by looking **pensively** at the ocean, as studies have shown that color blue has a positive, mollifying effect on the mentally strained human brain. The sound of the ocean and the cresting waves also have a comforting effect, as they invoke feel-good chemicals such as **dopamine** and **serotonin**.

Beach resorts are the most **prominent** places to visit due to their modernity and convenience. Making use of the wide range of activities available in beach resorts, people can effortlessly revitalize their energy levels and attain cerebral serenity. Relaxation, rest, and reinvigoration are fundamental to stress management in today's hectic and challenging world. Beaches might just be the thing we need in order to finally jettison the emotional turmoil that is plaguing our contemporary existence.

Activity 3 | Question and Answer

Directions: Answer these questions about the article.

1. What kind of difficulties are people facing every day?
2. What kind of environment can pacify a person?
3. What kind of effect do dopamine and serotonin have on the human body?
4. Why are beach resorts popular?
5. Why is stress management important?

Activity 4 | Summary

Directions: Make a summary of this article, focusing on the main topic. After that, your teacher will give you an example of the summary.

Activity 5 | Thoughts

Directions: Read the following quote and share your opinion with your teacher:

“The beach is considered to be a feast for the senses.”

1. Can you provide an explanation for this quote?
2. Do you agree with the writer’s opinion? Why?
3. How do you think going to the beach influences other senses, the ones that are not mentioned in the article?

Activity 6 | Free Conversation

Directions: Answer these questions related to the topic of the article. Have a free conversation about it with your teacher.

1. When was the last time you went to the beach? Where did you go?
2. Do you prefer swimming in the sea or a river?
3. What new activities would you like to try at the beach?
4. Do you prefer calm or rough seas?
5. What are the possible dangers at a beach?
6. How do you think we can solve the problem of marine debris (marine litter)?
7. Do you think human beings are generally disrespectful of nature?
8. In your opinion, should dogs be allowed at the beach? Why?
9. What are the advantages and disadvantages of living by the sea?
10. Would you like to live near the sea? Why or why not?