

## Into the night: why walking in the dark is good for the soul

Level 2 • Upper intermediate

### KEY

#### 2 Key words

- a.
1. lane
  2. landscape
  3. shadow
  4. surroundings
  5. sharpen
  6. clump
  7. eerie
  8. pond
  9. mesmeric
  10. favourable
  11. twinkly
  12. reluctant

- b.
1. shadow
  2. reluctant
  3. favourable
  4. mesmeric
  5. lane
  6. clump

#### 3 Comprehension check

1. F – In the past few hundred years, have we shut ourselves off from our natural surroundings.
2. T
3. F – That's what she'd usually do on a dark evening, but she is enjoying her walk in the dark.
4. F – She says nothing about being afraid of the dark, and she says she is reluctant to go back to the town.
5. F – They put on warm clothes, take torches and go out for a walk in the hills.
6. T

#### 4 The natural world

Landscape features	Animals and birds
country lane	sleeping sheep
footpath	fox
countryside	pheasant
iron-age hill fort	owls
horizon	bats
tree bent by the wind	raven
field	
hill	
deserted beach	
starlit skies	
moonlit rocks	
clumps of trees	
valley	
pond	
chalk path	
twinkly mass of lights	