

## ***The Benefits of Outdoor Activities for Teenagers***

"Spending time outdoors offers numerous benefits for teenagers, both physically and mentally. In today's world, many young people spend hours in front of screens, which can negatively affect their health. Outdoor activities, such as hiking, cycling, and team sports, provide a fun and effective way to stay active while enjoying nature.

First of all, regular participation in outdoor activities improves physical health by strengthening muscles, improving cardiovascular fitness, and promoting a healthy lifestyle. Additionally, being active outdoors can boost mental health, reducing stress, anxiety, and feelings of depression. The exposure to fresh air and sunlight also contributes to better sleep patterns and overall wellbeing.

Secondly, outdoor activities also help teenagers develop social skills and teamwork. Participating in group sports or community projects teaches cooperation, communication, and leadership. Teenagers learn how to work together towards common goals, resolve conflicts, and support their peers. These experiences foster confidence and enhance interpersonal relationships.

In conclusion, outdoor activities are essential for a balanced and healthy lifestyle for teenagers. They not only promote physical fitness and mental wellbeing but also build important social skills. Teenagers are encouraged to spend more time outside, explore new activities, and invite friends or family to join them in staying active."

### **Questions:**

1. Who is the intended audience of this article? \_\_\_\_\_
2. What is the main purpose of the article? (inform, persuade, entertain) \_\_\_\_\_
3. Highlight the **thesis statement** in the introduction.
4. Find **three linking words/phrases** used in the article.
5. Identify **three examples of formal language** in the article.
6. What is the **call to action** in the conclusion? \_\_\_\_\_
7. How many body paragraphs does the article have?  
\_\_\_\_\_
8. What type of supporting details are included? (facts, examples, statistics, etc.)  
\_\_\_\_\_

**1. Who is the intended audience of this article?**

Teenagers and possibly parents or teachers of teenagers.

**2. What is the main purpose of the article? (inform, persuade, entertain)**

Persuade — it encourages teenagers to spend more time outdoors.

**3. Highlight the thesis statement in the introduction.**

“Outdoor activities, such as hiking, cycling, and team sports, provide a fun and effective way to stay active while enjoying nature.”

**4. Find three linking words/phrases used in the article.**

- First of all
- Additionally
- In conclusion

**5. Identify three examples of formal language in the article.**

- “promoting a healthy lifestyle”
- “boost mental health”
- “enhance interpersonal relationships”

**6. What is the call to action in the conclusion?**

“Teenagers are encouraged to spend more time outside, explore new activities, and invite friends or family to join them in staying active.”

**7. How many body paragraphs does the article have?**

Two body paragraphs.

**8. What type of supporting details are included? (facts, examples, statistics, etc.)**

Examples — such as hiking, cycling, and team sports — and explanations of benefits (health, mental, and social).