



## EXERCISE 6 SOLUTIONS



Please fill the gaps using these words and phrases:

*“chirp, spot, prove, heart rate, out there, melt away, leaves rustling, grounding, I get that, clear your head,”*

1. The quiet sound of the **leaves rustling** in the breeze brought a sense of peace to the forest walk.
2. Her **heart rate** quickened as she approached the finish line of the race.
3. The birds began to **chirp** just as the sun rose over the horizon.
4. Walking barefoot on the beach served as a **grounding** experience, connecting her to nature.
5. When he explained how stressful his job was, I nodded and said, "**I get that.**"
6. Going for a long walk in nature is a great way to **clear your head** after a busy day.
7. Somewhere **out there**, in the vast ocean, a ship is sailing toward adventure.
8. She was excited to **spot** a shooting star during the meteor shower.
9. He worked hard to **prove** his skills to the team after joining the company.
10. As soon as she entered the warm bath, her stress seemed to **melt away.**