

Lesson 7: Nature

The Amazing Sun



ALBERTA, CANADA. Everyone loves a sunny room. But did you know that a bright room can make you healthier, happier, and more hardworking? Amazing new research is teaching us about the effects of natural light.

Daylight is important in schools. Canadian research suggests that students do better on tests in sunny, bright schools. Students are absent less often in these schools, too. Even more surprisingly, children seem to grow taller in schools with lots of natural light.

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

テキスト全文はレッスン受講時に担当講師よりお受け取りください。