1. **Listen to Sean speak about his early mornings. Finish this sentence.**  
   Sean believes it is good to __________________________________________________________________________.  
   
   Where do you think Sean is from?

2. **Listen again and answer these questions.**

   A. **What are Sean’s “passions”?**
      __________________________________________________________________________
      __________________________________________________________________________

   B. **What can Sean hear early mornings?**
      __________________________________________________________________________
      __________________________________________________________________________
      __________________________________________________________________________

   C. **What did Sean hear one morning?**
      __________________________________________________________________________

   D. **How old was Sean when he went out with his dad? What did they used to do?**
      __________________________________________________________________________

   E. **Why is it good to “get out there” in the early morning?**
      __________________________________________________________________________
1. **Listen to Sean speak about his early mornings. Finish this sentence.**

Sean believes it is good to *[many possible answers]* – *take a walk in nature in the early morning.*

*Where do you think Sean is from?* **Ireland**

2. **Listen again and answer these questions.**

   A. What are Sean’s “passions”?

   *Nature photography*    *fishing*

   B. What can Sean hear early mornings?

   *sounds & noises / everything / grass with dew / creaking of gate / electric fence / ground underneath your feet / water going over boulders / bird calling*

   C. What did Sean hear one morning?

   *cows asleep and snoring*

   D. How old was Sean when he went out with his dad? What did they used to do?

   *About 8 years old    go to the river “Green Bank” and walk back to the town*

   E. Why is it good to “get out there” in the early morning?

   *to help think about problems / be calm and peaceful*