





## In this lesson, we will talk about

## leisure time

- read an article about the importance of leisure;
- learn words and expressions related to enjoying and ignoring leisure;
- share your thoughts about giving time for leisure.

## Key words:

1. tendency

5. anxiousness

2. priority

6. frustrations

3. unconsciously 7. impatience

4. specialist

8. well-being

## Reading

Read the passage and pay attention to the key words.

Some people have a tendency to make their work a priority in life. They overwork themselves nonstop, unconsciously abusing their physical and mental health. According to health specialists, when you overwork it brings dangerous effects to your body, causing you to develop a heart attack, stress, anxiousness, frustration, and impatience. Hence, it is important to balance your work and leisure time. Having leisure time will enable you to release tensions and take your mind away from stress.

#### Comprehension Check:

- 1. What do specialists warn about overworking?
- 2. What can you do to release tensions and stress?



### Reading

Read the passage and pay attention to the key words.

There are various activities you can do in your leisure time. For example, doing your hobbies will make your body feel at ease. You can read your books, play your musical instrument, you can sing or dance. Other activities, such as jogging, taking a walk, swimming, traveling, and watching movies and TV shows are other ways to spend your leisure time. Therefore, don't make work a priority in life. Your health and well-being are more important, so be sure to have leisure time.

Comprehension Check:

3. What are examples of activities you can do during your leisure time?

# Respond to Reading Complete the task.

☐ Write <u>YES</u> if the statement was mentioned in the passage and <u>NO</u> if it was not.

1. Having leisure time will enable you to release tensions and stress, and make your body feel at ease.

2. It's okay to make work a priority in life and neglect having leisure time.

\_ 3. According to doctors, overworking brings dangerous effects to the body.

\_\_\_\_\_\_ 4. There are limited activities we can do in our leisure time.

#### Free Talk

Talk about how you like to spend your time for fun inside and outside your home.

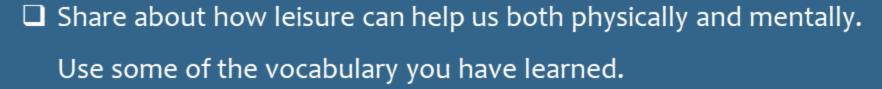


- ☐ Talk about the things you like to do when you're at home.
- Talk about the things you like to do when you are outside your house.
- ☐ Which do you prefer, indoor or outdoor activities? Why?

## Summary

Make a summary of the topic you have learned today.

Giving your best is not wrong, but don't neglect the limits your body can handle. Every journey requires rest.





- 1. tendency
- 2. priority
- 3. unconsciously
- 4. specialist

- 5. anxiousness
- 6. frustrations
- 7. impatience
- 8. well-being

Your opinion...