

# Topic

**Conversation  
for Intermediates**



**E5**





**Describe  
the pictures.**





A person is seen from behind, holding a light-colored straw hat with a large sunflower attached to the side. They are standing in a vast field of bright yellow sunflowers under a clear sky. The person is wearing a patterned top with a sunflower design.

Today's Topic

# Leisure

**Leisure is the time a person does not work or study.**



# TARGET LANGUAGE

In this lesson, we will **talk about leisure**:

- learn words/expressions/phrases related to the topic;
- make sentences related to the topic;
- answer questions and share ideas related to the topic.

## Key phrases:

recreational  
revitalize  
stress-free  
unwind  
relaxation

## Key Sentences

Read and share your opinions.

1. The students decided to do some **recreational** activities days after the exam.

Q1. How much time do you spend working or studying?

Q2. What activities do you often do in your free time?



## Key Sentences

Read and share your opinions.

### 2. Regular exercise revitalizes your body.

Q1. In which situations would one need to revitalize their bodies?

Q2. How do you revitalize your body?





## I Key Sentences

Read and share your opinions.

3. She's done with all her tasks.  
She's now stress-free.

Q1. What makes you feel stressed?

Q2. When your day isn't going very well,  
how do you make yourself feel better?



## I Key Sentences

Read and share your opinions.

4. I plan to go to the mountains to **unwind** next month.

Q1. What is a good place to unwind in your country?

Q2. Why is it necessary to unwind?





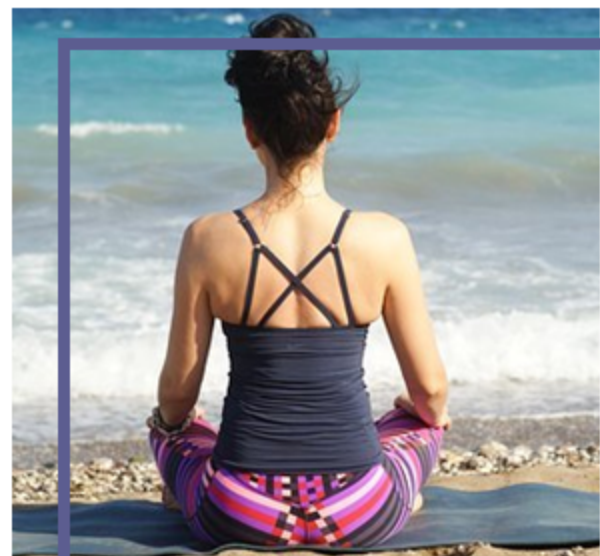
## I Key Sentences

Read and share your opinions.

5. Her job is exhausting, so she takes every opportunity for **relaxation** seriously.

Q1. What form of relaxation do you like?

Q2. What's your plan for your next holiday?



## Vocabulary

Read the definitions and make sentences with the words.



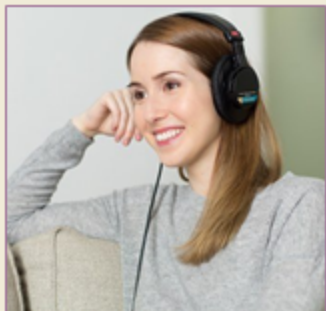
### recreational

relating to activities done for enjoyment when one is not working



### revitalize

to restore something to an active or fresh condition



### stress-free

having no stress

### unwind

to relax after a period of work or tension



### relaxation

the state of being free from tension and anxiety





## Vocabulary Check

Choose the correct words/ phrases to complete the sentences.

revitalize

unwind

recreational

stress-free

relaxation

1. Getting good sleep is believed to \_\_\_\_\_ one's mind.
2. My sister is boring. She's not interested in doing \_\_\_\_\_ activities.
3. People should maintain a balance between work and \_\_\_\_\_.
4. She has been so busy these days. She doesn't have time to \_\_\_\_\_.
5. Everyone wants to live a \_\_\_\_\_ life.

## Review

Fill in the blanks with the given letter.

Leisure offers us numerous benefits. It **r**\_\_\_\_\_ <sup>1</sup>\_\_\_\_\_ the body and keeps the mind **s**\_\_\_\_\_ <sup>2</sup>\_\_\_\_\_ which is a must for maintaining overall good health. **R**\_\_\_\_\_ <sup>3</sup>\_\_\_\_\_ activities include cooking, swimming, camping, playing sports, and watching movies. Traveling is also a great way to **u**\_\_\_\_\_ <sup>4</sup>\_\_\_\_\_ and free ourselves from the daily stress and strain of modern life. Spending time for **r**\_\_\_\_\_ <sup>5</sup>\_\_\_\_\_ will definitely lead to a happier and healthier you.



## Free Talk

List down some indoor and outdoor activities you know. Answer the questions that follow.

### Indoor Activities

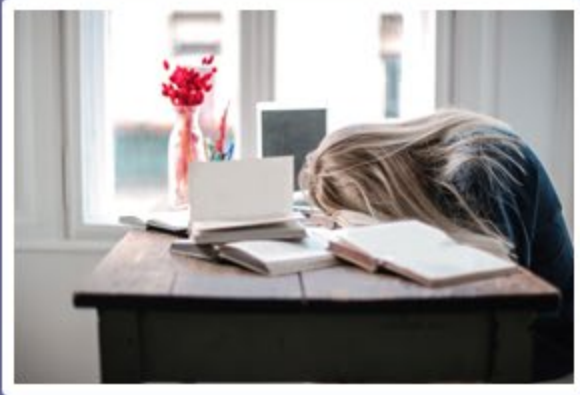
### Outdoor Activities

Q1: Which type of activity do you prefer? Why?

Q2: If it were suddenly announced that tomorrow was a national holiday, what would you do?

## Free Talk

What negative effects do you believe a lack of leisure time has on the following people?  
Give some advice for each.



### 1. Students who spend much time on homework even on weekends.

**Negative Effect(s):**

**My advice:**



### 2. Employees who have only a few days of vacation leaves a year.

**Negative Effect(s):**

**My advice:**