

What's Your Hobby?

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Everyone has something they enjoy doing in their free time, a hobby. Some people love painting or playing football, while others enjoy reading, dancing, or even baking cakes. Hobbies help us relax, learn something new, and feel happy.

In today's busy world, hobbies are more than just fun. They help us manage stress and build confidence. For example, when someone plays an instrument, they are not only making music, they are also improving their memory and focus.

Many hobbies are social. Joining a sports team or a book club helps you meet new people. Others, like photography or sketching, can be done alone but still help you express yourself.

In some cultures, traditional hobbies like knitting, origami, or gardening are passed down from parents to children. In others, gaming or creating digital art is becoming more popular. Whatever your hobby is, it's something that shows who you are.





Vocabulary Practice:

Word	Meaning	Example Sentence
Hobby	An activity done for fun in free time	My hobby is drawing animals.
Creative	Using imagination to make new things	Photography is a very creative hobby.
Relaxing	Helping you feel calm and less stressed	I find gardening really relaxing.
Join	To become part of something	I want to join a chess club at school.
Improve	To make something better	Playing the piano helps improve my focus.
Express	To show your thoughts or feelings	I express myself through dance and drawing.

Pronunciation Practice

Say the following words clearly and slowly:

- Hobby
- Creative
- Relaxing
- Focus
- Express



Grammar Focus 1: Using Gerunds After Verbs

When talking about hobbies, we often use **-ing** (gerund) after verbs like *enjoy*, *love*, *hate*, *like*, and *prefer*.

- I enjoy **playing** football.
- She loves **drawing** animals.
- They prefer **cycling** to walking.

Mini Practice

Choose the correct gerund:

1. I enjoy (read / reading) books.
2. He hates (run / running) in the cold.
3. We love (cook / cooking) new meals.

Grammar Focus 2: Talking About Frequency (Adverbs)

Use these adverbs to say how often you do your hobby:

- always / usually / sometimes / rarely / never

Examples:

- I **usually** paint in the evening.
- She **never** plays video games.
- They **sometimes** go hiking on weekends.

Mini Practice

Fill in the blanks:

1. I _____ go swimming on Sundays.
2. My brother _____ plays guitar after school.
3. We _____ join art competitions.



Comprehension Questions

1. Why are hobbies important?
2. Can hobbies help you meet new people? How?
3. What is the difference between a relaxing hobby and a social one?
4. How can hobbies improve your life?
5. What are some hobbies popular in your country?

Discussion Questions

1. What is your favourite hobby? Why do you enjoy it?
2. How often do you do your hobby?
3. Do you prefer hobbies you do alone or with friends?
4. Have you ever learned a hobby from someone in your family?
5. If you could try a new hobby, what would it be?
6. Are hobbies different in other cultures? Give examples.
7. Do you think everyone should have a hobby? Why or why not?