

Worksheet: Free Time Activities for Grade 9

Theme: The Importance of Free Time in Daily Routine

Name: _____

Surname: _____

Pre-Class Study

Before completing this worksheet, please study the following resources to gain a foundational understanding of the topic:

Article: [Importance of Free time in our Daily Routine - Make Me Better](#)

Task 1: Matching

Match the free time activity with its corresponding benefit.

Activity	Benefit
1. Reading books	a. Improves creativity and focus
2. Playing sports	b. Enhances physical health and teamwork
3. Listening to music	c. Reduces stress and boosts mood
4. Painting or drawing	d. Expands knowledge and imagination

Task 2: Multiple Choice (Single Correct Answer)

Choose the correct answer.

1. Why is free time important in our daily routine?
 - a) It helps us work longer hours.
 - b) It reduces stress and improves mental health.
 - c) It increases our workload.
 - d) It makes us less productive.
2. Which activity is NOT mentioned as a way to spend free time?
 - a) Watching TV
 - b) Meditating
 - c) Playing video games
 - d) Cooking

Task 3: Multiple Choice (Multiple Correct Answers)

Choose all the correct answers.

Which of the following are benefits of free time activities?

- a) Enhances creativity

- b) Increases stress levels
- c) Improves physical health
- d) Boosts productivity at work or school

Task 4: Open-Ended Question

In your opinion, what is the most effective way to spend free time? Explain why.

Task 5: Choose the Correct Word

Fill in the blanks with the correct word from the box.

(relaxation, hobbies, productivity, creativity)

1. Free time allows us to focus on our _____, such as painting or playing music.
2. Engaging in free time activities can improve _____ by reducing stress.
3. Many people use their free time for _____, which helps them recharge.
4. Spending time on hobbies can boost _____ and innovation.

Task 6: Short Answer

Answer the following questions briefly.

1. How can free time activities improve mental health?
2. Name two free time activities that help you stay physically active.

Task 7: Drag and Drop

Drag the words to complete the sentences.

1. Free time helps us _____ our energy and focus. (recharge / lose)
2. Engaging in _____ activities can reduce stress levels. (productive / relaxing)
3. _____ to music is a popular way to spend free time. (Listening / Ignoring)

Answer Key

Task 1: 1-d, 2-b, 3-c, 4-a

Task 2: 1-b, 2-d

Task 3: a, c, d

Task 5: 1-hobbies, 2-productivity, 3-relaxation, 4-creativity

Task 7: 1-recharge, 2-relaxing, 3-Listening

This worksheet combines various question types to engage students and reinforce their understanding of the topic.