



## Unit 1 Grade 8 : Leisure activities

In this week's programme we'll share with you some cool ways to \_\_\_\_\_ with your best friends after a busy week at school. Basically you can hang out indoors. If you like staying indoors, ask your parents if you can invite one or two friends over. Make some \_\_\_\_\_! Watch a \_\_\_\_\_! It's more comfortable than going to a \_\_\_\_\_. Or if you're feeling creative, you can make crafts together. You'll feel satisfied once you finish something. If you fancy being outdoors, play some \_\_\_\_\_ together. Football, badminton, biking... you name it! Or it can simply be a relaxing walk in the park. All these activities are \_\_\_\_\_ for your physical \_\_\_\_\_. Do you prefer something more exciting? Go downtown and to do some people watch. It's fun. If you like something more organised, go to \_\_\_\_\_ centres, libraries, and museums. Educate yourself while having fun!

Link: <https://www.youtube.com/watch?v=qdN8te9L52g>