THE IMPORTANCE OF HOBBIES

Do you spend some time during the day doing something you like? If your answer is "No," you should change that! Our brain is like a machine that works every second of the day. The difference is that it gets tired and stressed because we are not robots. If you work, study, and have many responsibilities that take up most of your time, you are not taking good care of your brain. If you want your brain to work perfectly, you must take at least some minutes in a day to do something your brain enjoys. It is not necessary to take a whole day, but at least some minutes or an hour. For this, you have to know yourself very well and identify the activities that you enjoy the most. How can you know the activities you enjoy? The answer is easy; when you enjoy something you feel relaxed, happy, and peaceful. You feel how the stress and tension disappear. If you are not sure about the activities you like the most, here I can give you some activities you can consider practicing. **Reading:** probably you have heard that reading is important to stimulate our brain and learn new things, but it is more than that. When we read, our brain focuses better because we are paying attention to the message the reading wants to transmit and processing the information. I know it can be boring at the beginning, but you just have to find a topic of interest, and you can acquire this hobby! **Collecting something:** this sounds like a kids' hobby, but it is actually a great hobby! Of course, you don't need to collect expensive things, but you can try it with rocks, leaves, flowers, or whatever comes to your mind. It is not only a fun activity but also something that you will remember your whole life. Just imagine looking at those rocks you collected 10 years ago and bringing all the good memories back. **Drawing:** it is not necessary to be an artist to draw, you can learn through video tutorials or simply, use your imagination. It is not only relaxing but also a great way of improving our creativity. A good way of starting with this hobby is by tracing something you see, such as a small item or animal. Believe me, that's very relaxing!! Finally, **playing a musical instrument:** again, you don't need to be an expert to do it. You can learn little by little or you can just explore your imagination and learn on your own. Music makes our body and brain feel relaxed. The good thing about this hobby is that there are plenty of musical instruments, so if you don't like the guitar, for example, you can try the piano, violin, or any other musical instrument you want!! Remember that life is short, so you should every second of it.

LIVEWORKSHEETS

Answer the following questions about the previous reading

- ✓ What is the main message of the reading?

_____.

- ✓ How can we identify the activities we enjoy doing?

_____.

- ✓ What happens when we read?

_____.

- ✓ Which items can you collect?

_____.

- ✓ Is it necessary to be an artist to draw?

_____.

- ✓ What is a good way of starting drawing?

_____.

- ✓ Is it necessary to be an expert to play a musical instrument?

_____.

- ✓ From the activities mentioned above, which one calls your attention?

_____.

- ✓ Mention one more hobby you recommend practicing.

_____.

LIVEWORKSHEETS