



Listen and match the headings with the activity

1 Follow Your Passions

2 Stay Active

3 Be Creative

4 Keep Your Mind Sharp

5 Enjoy Music

6 Relax and Unwind

7 Embrace What You Love

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A. Attending live concerts

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B. Writing poetry

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C. Doing martial arts

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D. Baking cakes and pastries

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E. Solving puzzles and brain teasers

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F. Knitting

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G. Solving puzzles and brain teasers

Listen and mark the sentences true (T) or false (F)



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- The author is passionate about baking cakes and pastries. ☐
 - Martial arts is just a form of exercise for the author. ☐
 - The author enjoys knitting as a creative activity. ☐
 - The author attends live concerts because they find them relaxing. ☐
 - Solving puzzles is a hobby the author uses to keep their mind sharp. ☐
 - The author believes that an interesting life is only about staying active. ☐
 - Baking is the author's favorite way to relax after a busy day. ☐
 - The author often spends a lot of time solving puzzles. ☐
 - Writing poetry helps the author express emotions. ☐
 - The author thinks that embracing passions is the key to an interesting life. ☐
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