

Name/Surname:

Pre-Class Study: (https://vkvideo.ru/video-93166146_456240674?t=1m9s)

Task 1: Open-ended Question

What is the main idea of the video?
Explain in 2-3 sentences.

Task 2: Short Answer

According to the video, why are hobbies important for teenagers?
Name three hobbies mentioned in the video.

Task 4: Matching

Match the hobby with its benefit:

- a. **Playing sports**
- b. **Reading books**
- c. **Learning a musical instrument**
- d. **Drawing or painting**

1. Improves focus and patience
2. Enhances physical fitness
3. Boosts creativity and self-expression
4. Expands knowledge and vocabulary

Task 3: Drag and Drop (Fill in the Blanks)

Complete the sentences by dragging the correct words into the gaps:

Hobbies help teenagers to ___ their creativity. (develop / lose / ignore)

Engaging in hobbies can reduce ___ and improve mental health. (boredom / stress / happiness)

Some hobbies, like ___, can even lead to future career opportunities. (gaming / painting / sleeping)

Task 5: Choose the Correct Word/Phrase

Select the correct word or phrase to complete the sentence:

- Hobbies are a great way to ___ your free time. (waste / spend / ignore)

- The video suggests that hobbies can help teenagers to ___ new skills. (forget / develop / lose)

- According to the video, hobbies are not just for fun but also for ___. (stress / learning / sleeping)

Task 7: Multiple Choice (Multiple Correct Answers)

Which of the following are true about hobbies, according to the video? (Choose all that apply)

- a) Hobbies can improve mental health
- b) Hobbies are a waste of time
- c) Hobbies can help you discover new interests
- d) Hobbies are only for adults

Task 6: Multiple Choice (Single Correct Answer)

What is one benefit of having a hobby, as mentioned in the video?

- a) It makes you tired
- b) It helps you relax and unwind
- c) It increases your workload
- d) It makes you less creative

Task 8: Reflection

What hobby would you like to try after watching the video? Why?