

### Warm-Up Questions:

1. Do you have a hobby? What is it?
2. When did you start your hobby?
3. Why do you enjoy your hobby?
4. Do you prefer active hobbies (e.g., sports) or quiet hobbies (e.g., reading)? Why?
5. What hobby would you like to try in the future?

# The Importance of Hobbies for Adults



Hobbies are activities we do in our free time for fun and relaxation. They can be anything from cooking and gardening to playing a sport or learning a new language. Hobbies are not just for children; they are important for adults too. They help us relax, reduce stress, and keep our minds active. Let's look at some reasons why having hobbies is important for adults.

## 1. Reducing Stress and Relaxing

Life can be busy and stressful. Having a hobby helps us take a break from work or other responsibilities. When we focus on something we enjoy, like reading a book or going for a walk, we feel more relaxed. This can help lower our stress levels and make us feel happier.

## 2. Meeting New People

Many hobbies, like joining a book club or playing a team sport, allow us to meet new people. We can share our interests, learn from others, and make new friends. Having a social hobby is a great way to connect with people and feel part of a community.

## 3. Learning New Skills

Trying a new hobby, like painting or dancing, helps us learn new skills. This keeps our minds active and challenges us in a positive way. It is never too late to start learning something new. Developing skills through hobbies can also increase our confidence.

## 4. Staying Healthy and Active

Hobbies like swimming, hiking, or playing tennis help us stay physically active. Being active is important for our health. It keeps our muscles strong and our heart healthy. Even light activities like yoga or gardening can make a big difference in how we feel.

## 5. Finding Joy and Creativity

Hobbies bring us joy and give us a sense of purpose. Creative hobbies like writing, drawing, or making music allow us to express ourselves. Doing something creative helps us see the world differently and explore new ideas.

## 6. Improving Mental Health

Having a hobby is good for our mental health. It helps us focus on something positive,

especially during difficult times. Hobbies can help reduce anxiety and depression by keeping our minds busy and giving us something to look forward to.

### Conclusion

Hobbies are not just a way to pass time; they have many benefits for adults. They help us relax, meet new people, and learn new skills. Whether it's cooking, playing a sport, or taking up a new art form, hobbies can make our lives more enjoyable and meaningful. So, take some time to explore your interests and find a hobby that makes you happy!

### Vocabulary Matching:

Match the words with the correct definitions:

Word	Definitions
1. Stress	a) Things you do for fun in your free time
2. Community	b) Feeling worried or under pressure
3. Hobby	c) Activities like painting, writing, or playing music
4. Confidence	d) The ability to think of new ideas and be imaginative
5. Creativity	e) A group of people with similar interests or goals
6. Active	f) Belief in your own abilities

### True or False Comprehension:

1. Hobbies only help people pass the time, not reduce stress. (True/False)
2. Adults can meet new people through their hobbies. (True/False)
3. It is too late for adults to start learning new hobbies. (True/False)
4. Physical hobbies, like swimming or hiking, are good for health. (True/False)
5. Hobbies are not good for mental health. (True/False)

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### Multiple Choice Comprehension Questions:

1. **Why are hobbies good for adults?**
  - a) They help adults meet new people and relax.
  - b) They make adults tired and stressed.
  - c) They make adults work more hours.
2. **What can adults learn by trying new hobbies?**
  - a) How to spend more money.

- b) New skills and activities.
  - c) How to sleep less.
3. **How do creative hobbies help adults?**
- a) They help adults think of new ideas.
  - b) They make adults unhappy.
  - c) They make adults feel bored.
4. **What is one benefit of having a hobby?**
- a) It helps adults forget about eating.
  - b) It helps adults feel tired and bored.
  - c) It helps adults stay active and healthy.

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**Open-Ended Comprehension Questions:**

1. What are some hobbies that adults can do to stay active?
2. How can having a hobby help adults make new friends?
3. Why is it important for adults to try new hobbies, even if they are busy?
4. How do hobbies help adults feel less stressed?
5. Why are creative hobbies like painting or writing good for adults?

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**Discussion Questions:**

1. What hobbies do you have in common with your friends or family?
2. Do you think it's important to have a hobby? Why or why not?
3. If you could try a new hobby, what would it be and why?
4. How can having a hobby help you in your job or studies?
5. What is one hobby you have always wanted to try but haven't yet? Why?

**Homework Assignment: My Hobby and Why I Love It**

**Instructions:**

Write a short paragraph (50-100 words) about your favorite hobby. Include the following information:

1. **What is your favorite hobby?** (e.g., cooking, playing an instrument, gardening, etc.)
2. **Why do you like this hobby?** (e.g., It helps you relax, you learn new things, etc.)
3. **When did you start this hobby?**
4. **How often do you do this hobby?**
5. **How does this hobby make you feel?** (e.g., happy, calm, excited, etc.)

Be ready to share your paragraph with the class in the next lesson!