

PASTIME DURING THE PANDEMIC



The COVID-19 pandemic has increased anxiety and stress in people. Some people have lost their jobs; others have worked from home and many are kept away from school. Being locked down can have negative effects on health. Negative thoughts, anxiety and fear have caused some people to experience mental health problem.

It is at this time that hobbies play a vital role in helping people to cope with stress. Having something to put energy into can help to ease the stress on the mind and body. It helps develop creativity and bring cheer to oneself and others. Baking and cooking for example can be satisfying because one can share the food with others. Learning a new musical instrument for example can help to lift the spirit. These activities can make one feel calm and relaxed, thus improving mental health.



Perfection is not the goal at this time. It is not how well you paint that matters. It is how the hobby helps to make you feel more at peace with yourself. Taking up a hobby helps to take care of the mental health by taking your mind away from the depressing situation. It also gives you a sense of direction during the difficult time.

Complete the following table.

Choose no more than three words and/or a number from the text for each answer. ▶ LS 3.1.2

PASTIME DURING THE PANDEMIC

Being temporarily prevented from leaving or entering an area	1.
Negative thoughts, anxiety and fear give rise to	2.
Taking up a hobby during the pandemic helps to	3.
	4.
Having a hobby can help one	5.
When one is at ease with oneself, he or she feels	6.
During the pandemic, this does not matter when one engages in a hobby.	7.
Taking your mind away from difficult situation Improves	8.



PBD Module DSKP Practice

A Underline the correct answer.

1. Suriani (enjoy, enjoys) baking cakes.
2. Johan (is discussing, discusses) his problem with his teacher.
3. Ramesh usually (work, works) on Sundays.
4. Do the children (like, likes) going to the library?
5. Muniandy (is blowing, blows) the candle off so that nobody can see him.
6. My father (mow, mows) the lawn every week.
7. Shawn never (helping, helps) out with the house chores.
8. Min and Eva (walk, walks) to school on most days.
9. Anne (stays, is staying) at the hotel until her house is renovated.
10. I do not (paint, paints) very much these days.
11. Does Shila (quarrel, quarrels) with her siblings at home?
12. Gita sometimes (is playing, plays) the piano when she is in the mood.

B Correct the underlined errors. Write them in the spaces below.

From: neeta@ymail.com

To: shirley@ymail.com

Subject: Hobbies

Dear Shirley,

Thanks for your email. I (1) studying in SMK Meranti. I do enjoy playing badminton. I am very happy that you have (2) offer to join me in the evening. Do you (3) plays other games besides badminton?

It would be good if we can meet at the park in my housing estate. Many of my friends (4) are enjoying playing badminton. We usually meet at 5 p.m. on weekends and the games (5) are lasting an hour.

Do text me if you (6) are wishing to join us. I would be glad to introduce you to my friends. We always (7) are having a lot of fun playing together. I (8) participate in a competition tomorrow. I would be pleased if you can come. The competition (9) starting at 8 p.m. I (10) am hoping you can come. Bye.

Your friend,

Neeta

1.		2.		3.	
4.		5.		6.	
7.		8.		9.	
10.					

i GRAMMAR NOTES

Simple Present Tense

Simple present tense is used to express:

- feelings/thoughts – I enjoy making new friends.
- something true at the time of speech – Shiela does not like going for parties.
- facts – The moon goes round the earth.

Positive statements

- I speak English well.
- James speaks French well.

Negative statements

- I do not enjoy roller blading.
- Ramesh does not like listening to track music.

Present Continuous Tense

This tense is used to talk about something that is:

- happening at the time of speaking – The artist is drawing a portrait of a child.
- temporary – I am joining Carina for dinner tonight.
- Affirmative – I am reading.
- Negative – I am not reading.
- Interrogative – Am I reading?

Common Mistakes

- ✓ Do the children enjoy reading?
- ✗ Do the children enjoys reading?
- ✓ Does Irene plant flowers?
- ✗ Does Irene plants flowers?
- ✓ I hear somebody singing.
- ✗ I am hearing somebody singing.
- ✓ Sam remembers you.
- ✗ Sam is remembering you.

Web Link

- ▲ For more information on simple present tense log on to:
<http://www.whatisgrammar.com/tenses/present-tense/>
- For more information on present continuous tense log on to
<http://esl.fis.edu/grammar/rules/prescont.htm>