Listen and match the headings with the actvity

1 Follow Your Passions	D	**A. Attending live concerts**
2 Stay Active		**B. Writing poetry**
3 Be Creative		**C. Doing martial arts**
4 Keep Your Mind Sharp		**D. Baking cakes and pastries**
5 Enjoy Music		**E. Solving puzzles and brain teasers**
6 Relax and Unwind		**F. Knitting**
7 Embrace What You Love		**G. Solving puzzles and brain teasers**

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

- 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. ☐

LIVEWORKSHEETS