

### 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 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 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 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 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 8: Reflection

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