

The Importance of Hobbies

Level: B1 Topic: Personal Development

Hobbies are activities we enjoy doing in our free time. They can be anything from painting, playing sports, reading, or gardening. Engaging in hobbies is essential for reducing stress and improving mental health. They provide a break from our daily routines and allow us to express ourselves creatively. Having a hobby can also lead to meeting new people who share similar interests. Additionally, hobbies can improve our skills and help us learn new things. Setting aside time for our favorite activities can lead to a happier and more fulfilling life. Everyone should try to find something they are passionate about.

Questions

1. What are hobbies?

- A) Activities we dislike
- B) Activities we enjoy
- C) Things we have to do
- D) Jobs we do for money

2. What do hobbies help reduce?

- A) Stress
- B) Joy
- C) Health
- D) Energy

3. What can hobbies improve?

- A) Skills
- B) Sleep quality
- C) Work performance
- D) Eating habits

4. What can hobbies lead to?

- A) Meeting new people
- B) Staying at home
- C) Avoiding new experiences
- D) Working more hours

5. What should everyone try to find?

- A) A job
- B) A hobby
- C) A partner
- D) A place to live