

Topic

**Conversation
for Intermediates**



E5



**Describe
the pictures.**



A person is seen from the back, holding a straw hat decorated with a large sunflower. They are standing in a field of many sunflowers under a bright, sunny sky. A semi-transparent yellow rectangle is overlaid on the left side of the image, containing the text 'Today's Topic' and 'Leisure'.

Today's Topic

Leisure

Leisure is the time a person does not work or study.



TARGET LANGUAGE

In this lesson, we will **talk about leisure**:

- learn words/expressions/phrases related to the topic;
- make sentences related to the topic;
- answer questions and share ideas related to the topic.

Key phrases:

recreational
revitalize
stress-free
unwind
relaxation

Key Sentences

Read and share your opinions.

1. The students decided to do some **recreational** activities days after the exam.

Q1. How much time do you spend working or studying?

Q2. What activities do you often do in your free time?



Key Sentences

Read and share your opinions.

2. Regular exercise revitalizes your body.

Q1. In which situations would one need to revitalize their bodies?

Q2. How do you revitalize your body?



Key Sentences

Read and share your opinions.

3. She's done with all her tasks.
She's now stress-free.

Q1. What makes you feel stressed?

Q2. When your day isn't going very well,
how do you make yourself feel better?



Key Sentences

Read and share your opinions.

4. I plan to go to the mountains to **unwind** next month.

Q1. What is a good place to unwind in your country?

Q2. Why is it necessary to unwind?



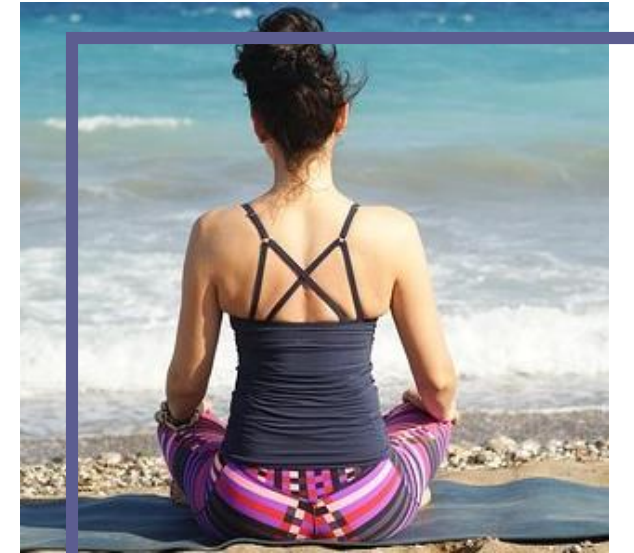
Key Sentences

Read and share your opinions.

5. Her job is exhausting, so she takes every opportunity for **relaxation** seriously.

Q1. What form of relaxation do you like?

Q2. What's your plan for your next holiday?



Vocabulary

Read the definitions and make sentences with the words.



recreational

relating to activities done for enjoyment when one is not working



revitalize

to restore something to an active or fresh condition



stress-free

having no stress

unwind

to relax after a period of work or tension



relaxation

the state of being free from tension and anxiety



Vocabulary Check

Choose the correct words/ phrases to complete the sentences.

revitalize

unwind

recreational

stress-free

relaxation

1. Getting good sleep is believed to _____ one's mind.
2. My sister is boring. She's not interested in doing _____ activities.
3. People should maintain a balance between work and _____.
4. She has been so busy these days. She doesn't have time to _____.
5. Everyone wants to live a _____ life.

Review

Fill in the blanks with the given letter.

Leisure offers us numerous benefits. It **r**_____ ¹ the body and keeps the mind **s**_____ ² which is a must for maintaining overall good health. **R**_____ ³ activities include cooking, swimming, camping, playing sports, and watching movies. Traveling is also a great way to **u**_____ ⁴ and free ourselves from the daily stress and strain of modern life. Spending time for **r**_____ ⁵ will definitely lead to a happier and healthier you.

Free Talk

List down some indoor and outdoor activities you know. Answer the questions that follow.

Indoor Activities

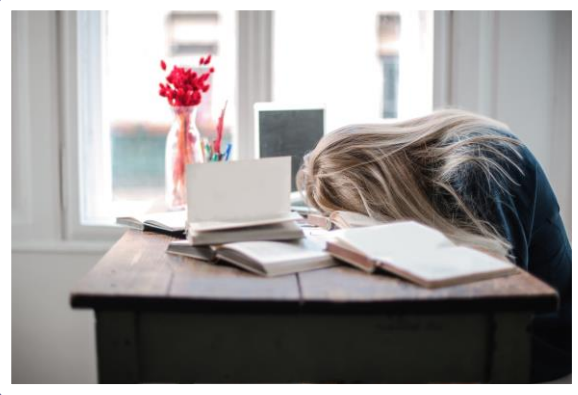
Outdoor Activities

Q1: Which type of activity do you prefer? Why?

Q2: If it were suddenly announced that tomorrow was a national holiday, what would you do?

Free Talk

What negative effects do you believe a lack of leisure time has on the following people?
Give some advice for each.



1. Students who spend much time on homework even on weekends.

Negative Effect(s):

My advice:



2. Employees who have only a few days of vacation leaves a year.

Negative Effect(s):

My advice: