



Topic

Conversation
for Advanced

Lesson 2
Leisure Time

A

A woman with long dark hair, wearing a green and white patterned dress, is sitting in a meditative pose on a wooden dock. She is facing away from the camera, looking out over a calm lake. In the background, there are dense green trees and a small white boat on the water. The sky is filled with soft, golden light from the setting or rising sun, creating a peaceful atmosphere.

**“When you're at work, be fully at work.
And let your leisure time be what it's
meant to be relaxed and fun.”**

Can you balance your work and personal time?

Target Language

Introduce the learning goals to the student.

In this lesson, we will talk about
leisure time:

- read an article about the importance of leisure;
- learn words and expressions related to enjoying and ignoring leisure;
- share your thoughts about giving time for leisure.

Key words:

- | | |
|------------------|-----------------|
| 1. tendency | 5. anxiousness |
| 2. priority | 6. frustrations |
| 3. unconsciously | 7. impatience |
| 4. specialist | 8. well-being |

Reading

Read the passage and pay attention to the key words.

Some people have a **tendency** to make their work a priority in life. They overwork themselves nonstop, **unconsciously** abusing their physical and mental health. According to health **specialists**, when you overwork it brings dangerous effects to your body, causing you to develop a heart attack, **stress**, **anxiousness**, **frustration**, and **impatience**. Hence, it is important to balance your work and leisure time. Having leisure time will enable you to release tensions and take your mind away from stress.



Comprehension Check:

- 1. What do specialists warn about overworking?*
- 2. What can you do to release tensions and stress?*

Reading

Read the passage and pay attention to the key words.

There are various activities you can do in your leisure time. For example, doing your hobbies will make your body feel at ease. You can read your books, play your musical instrument, you can sing or dance. Other activities, such as jogging, taking a walk, swimming, traveling, and watching movies and TV shows are other ways to spend your leisure time. Therefore, don't make work a **priority** in life. Your health and **well-being** are more important, so be sure to have leisure time.



Comprehension Check:

3. What are examples of activities you can do during your leisure time?

Respond to Reading

Complete the task.

 Write YES if the statement was mentioned in the passage and NO if it was not.

- _____ 1. Having leisure time will enable you to release tensions and stress, and make your body feel at ease.
- _____ 2. It's okay to make work a priority in life and neglect having leisure time.
- _____ 3. According to doctors, overworking brings dangerous effects to the body.
- _____ 4. There are limited activities we can do in our leisure time.

Free Talk

Talk about how you like to spend your time for fun inside and outside your home.



- ☐ Talk about the things you like to do when you're at home.
- ☐ Talk about the things you like to do when you are outside your house.
- ☐ Which do you prefer, indoor or outdoor activities? Why?

Summary

Make a summary of the topic you have learned today.

Giving your best is not wrong, but don't neglect the limits your body can handle. Every journey requires rest.

□ Share about how leisure can help us both physically and mentally.

Use some of the vocabulary you have learned.



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Your opinion...

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