

For Advanced Kid Learners

Book 3

Time to Talk

Lesson 1 Helpful Hobbies



Warm-up questions.



- *What are they doing?*
- *What hobbies do you have?*

Read and learn.

Helpful Hobbies

Hobbies are things we enjoy doing in free time. They help us pass our time nicely and make our life interesting.

Hobbies are helpful in many ways. They give us an **opportunity** to meet people and make new friends, for example, joining a football club or a painting class.

opportunity = a good chance



Read and learn.



experience = *knowledge and skills*

Hobbies can make yourself more interesting. You learn new knowledge and skills through a hobby. You can share your **experiences** with people who have the same interest.

Hobbies are an excellent way to **relax**. You might sometimes feel **bored** about schoolwork or have bad things at school. You can forget about it by turning to your hobby. You will find fun and feel relaxed.



relax



bored

Read and learn.

Hobbies also make us more **confident**. If you play the piano as a hobby, you may **make progress** week after week. That will make you feel good about yourself.

Remember: The best thing about hobbies is that we do not have to be good at them. It's all for fun!



confident



make progress



Match the words or phrases to their meanings.

confident

experience

bored

relax

make progress

opportunity

a. a good chance

b. feeling good about oneself, not anxious


c. not interested, tired

d. to move forward or onward

e. knowledge and skills

f. to have a rest

Grammar



interesting --- interested
relaxing --- relaxed
boring --- bored

Examples

- I often listen to some **relaxing** music after school.
I'm **relaxed** after listening to music.
- Miss Li's lesson is **interesting**.
I'm very **interested** in Miss Li's lessons.
- I saw a **boring** movie last weekend.
I felt very **bored** and fell asleep.



Make two new sentences, one with an **-ing** word and one with an **-ed** word.

1. _____.

2. _____.

Answer the question.

How can hobbies help us?

Example: Hobbies can make us more interesting.

Hints

interesting

confident

relax

make friends