

Objective

By the end of this lesson, you will be able to discuss and understand different leisure time activities.

Materials and Prep

- Paper and pen
- Computer or tablet for research

No prior knowledge needed, just bring your enthusiasm!

Activities

- **Activity 1: Leisure Time Brainstorming**
Take 10 minutes to write down all the activities you enjoy doing in your free time. Think about hobbies, sports, games, and anything else that brings you joy.
- **Activity 2: Leisure Time Research**
Choose one leisure activity that you are curious about but haven't tried yet. Research online to learn more about it. Write down three interesting facts you discovered.
- **Activity 3: Leisure Time Journal**
Start a leisure time journal where you can record your thoughts and experiences with different activities. Write a short entry about your favorite leisure time memory so far.

Talking Points

- **What is leisure time?**
"Leisure time is the time when we are free to do what we enjoy, without any obligations or responsibilities."
- **Why is leisure time important?**
"Taking time for leisure activities helps us relax, recharge, and pursue our interests outside of work or school."
- **How can we make the most of our leisure time?**
"By trying new activities, spending time with friends and family, and finding a good balance between rest and play."