

COMMUNICATION

Taking up a hobby

LEVEL

Intermediate (B1)

NUMBER

EN_B1_3063X

LANGUAGE

English



Learning outcomes

- I can read an article about starting new hobbies and respond with my own ideas.
- I can explain how a hobby has positively impacted my life.





Warm-up

Which of the activities below would you be most interested in trying? Least interested in trying? Why?



yoga



photography



martial arts



making music



knitting



How to take up a new hobby

1. **Read** the text.
2. **Insert** the headings in the correct place.

1. _____:

If you spent hours doing something as a child, it's probably because you loved doing it. For many of us, the last time we were in a flow state was when we were children. There might be something to this childhood activity that can lead to a new hobby!

2. _____:

Try many different hobbies out and see how they make you feel. Does time seem to fly by? Do any of these hobbies help you unwind? You might take to something unexpected!

3. _____:

Challenge yourself and take up a hobby you think you wouldn't be very good at. You might surprise yourself and discover a talent and a passion for something you never realised you had!



A. *Step outside your comfort zone*

B. *Reflect on what you loved doing as a child*

C. *Give hobbies a trial run*



Matching

Match the words and phrases to their definition.

1 **to take something up**

2 **to take to something**

3 **flow state**

4 **trial run**

5 **to step outside your comfort zone**

a to begin to like something

b doing something you don't feel comfortable doing

c a test of something new or unknown

d a mental state where one is completely immersed in an activity

e to begin to do something

Discuss

Answer the questions.

If you never push yourself beyond your comfort zone, you will never grow.

Do you agree or disagree?



What do people do to get into a flow state?

Focus: Gayle and Tim

1. **Read** about how Gayle and Tim took up a new hobby.
2. Then **answer** the question on the next slide.



Gayle

A good friend of mine convinced me to take a ballroom class with her. I'm glad that I decided to do it! Ballroom dancing is so much fun, a great workout, and I've met so many new people. It's also boosted my confidence. I look forward to every class!



Tim

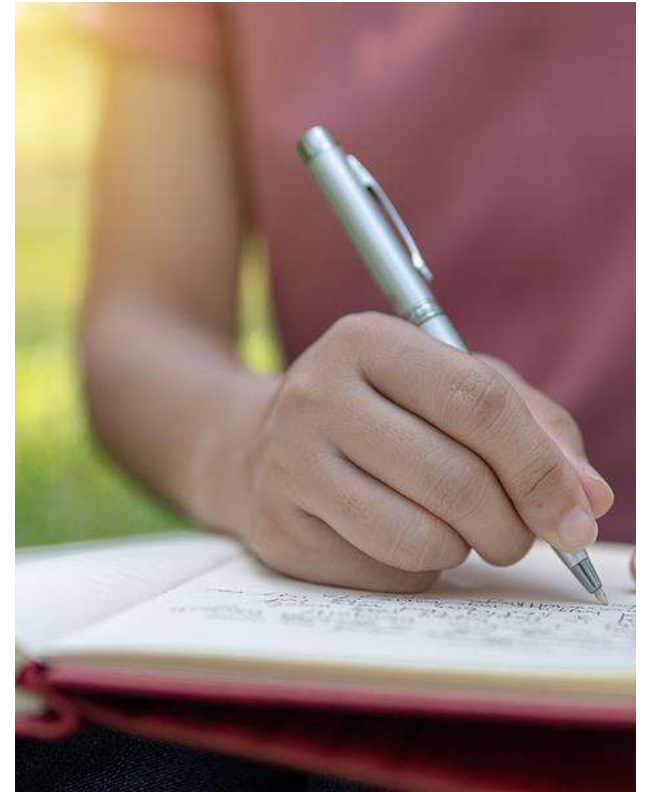
Last semester, I enrolled in a writing course to fulfill a requirement for my degree. To my surprise, I found that I really enjoyed writing poetry. It's helped me to relieve stress. Whenever I sit down to write, I feel relaxed. It clears my mind, and I love being creative!

Focus: Gayle and Tim

Answer the question.

How did Gayle and Tim take up their hobbies?

Discuss your ideas as a class.



Gayle or Tim?

Categorise the statements.

- 1 Their hobby is a **great workout**.
- 2 Their hobby helps them **feel relaxed**.
- 3 Their hobby is very **social**.
- 4 Their hobby has boosted their **confidence**.
- 5 Their hobby helps **relieve stress**.
- 6 Their hobby is more **private**.

Gayle

Tim

How to take up a new hobby

1. **Review** the suggestions below.
2. Can you **think** of any others?

*Step outside
your comfort
zone*

*Reflect on what
you loved doing
as a child*

*Give hobbies a
trial run*

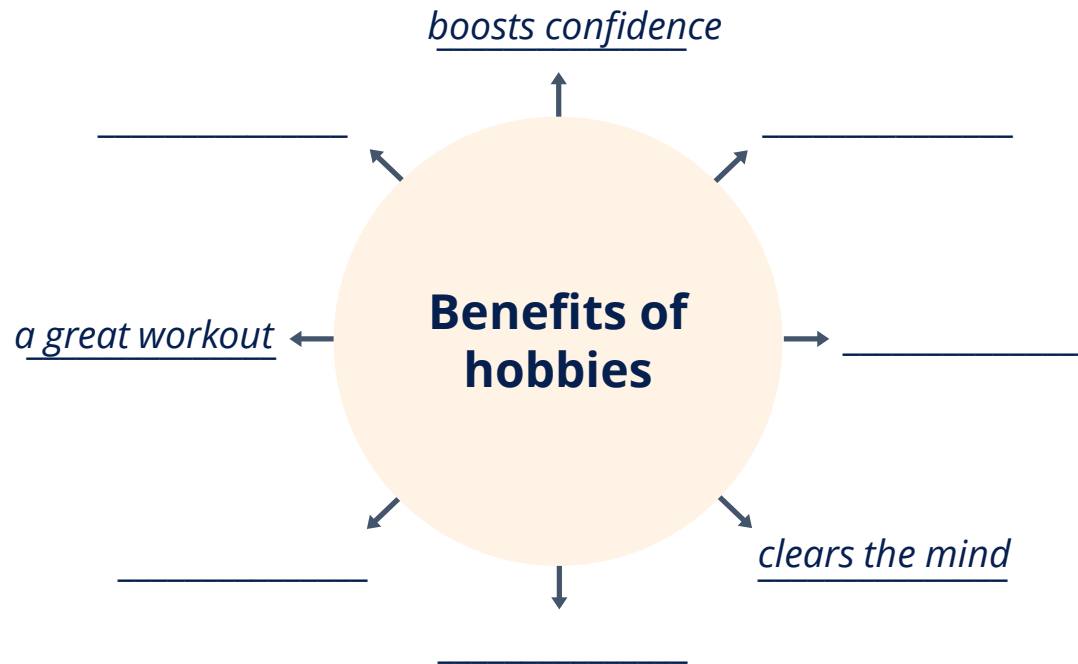
*Take up a
hobby with a
friend*

Enroll in a class

**Any other
suggestions?**

Class brainstorm

As a class, think of some other **positive impacts** of taking up hobbies.





Your hobby

1. **Answer** the questions below.
2. **Tell** your classmates about your hobby.

What is your hobby?

When did you take it up?

How did you take it up?

How has it positively impacted your life?





Discuss

Answer the questions below in breakout rooms or together as a class.

Do you prefer group or individual hobbies? Why?



Which hobbies are popular in your country?

End of the lesson

Idiom

best thing since sliced bread

Meaning: used to show one's enthusiasm about a person, thing, or idea

Example: My new hobby is the best thing since sliced bread!



Additional practice



Unscramble

of

enrol

after

Lots



in

retirement.

people

classes



new

your

boost

something

can

Learning

confidence.

help



Fill in the gaps

Complete the sentences using the words in the red box.

1 When I'm gardening, I get into a _____ and don't think about anything else.

2 I bought a skateboard and I'm going to take it out for a _____.

3 Now I'm retired, I'd like to _____ swimming again.

4 I've always wanted to try Zumba but I can't dance. I'm going to _____ my comfort zone and try it this year.

5 I wasn't sure my daughter would like windsurfing but she's really _____ it.

step outside
flow state
taken to
take up
trial run



Answer the questions

Which of these hobbies do you think you would **take to most quickly**?

What **skills** or **knowledge** do you have that would help you with this hobby?



gardening



painting



hiking



carpentry



sewing

I think I'd take to gardening quite quickly.

Why? Have you done it before?



Learning a language

1. **Write** down **3 reasons** why someone might start **learning a language** as a **hobby** after they **retire**.
2. How might it positively impact their life?
3. **Compare** your ideas with your classmates.



A large white rectangular area with a blue shadow on the top-left corner, containing ten horizontal lines for writing.



Answer key

P.4: 1.) b 2.) c 3.) a

P.5: 1.) e 2.) a 3.) d 4.) c 5.) b

P.9:

Gayle: 1, 3, 4

Tim: 2, 5, 6

P. 17: Lots of people enrol in classes after retirement. Learning something new can help boost your confidence.

P. 18: 1. flow state, 2. trial run, 3. take up, 4. step outside my comfort zone, 5. taken to



Summary

Talking about how to **take up new hobbies:**

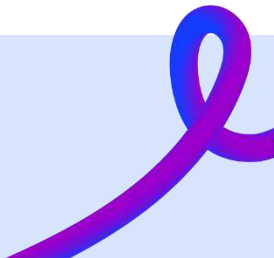
- to take something up, to take to something, to step outside your comfort zone
- a trial run, enrol in a class, a flow state

Talking about **the positive impact of a hobby:**

- boost your confidence, feel relaxed, social, relieve stress
- a great workout, clears the mind

Talking about different hobbies:

- yoga, martial arts, making music, knitting, photography





Vocabulary

to take something up

to take to something

a flow state

a trial run

to step outside your comfort zone

to boost your confidence

to enrol in a course

to relieve stress

