

Reading Comprehension:

The Benefits of Having a Hobby

Many people have hobbies. A hobby is an activity that you do in your free time because you enjoy it. Some people like painting, while others enjoy playing sports, reading books, gardening, or taking photographs.

Having a hobby can improve your life in many ways. First, hobbies help people relax after a busy day at school or work. When people spend time doing something they enjoy, they often feel happier and less stressed.

Hobbies can also help people learn new skills. For example, someone who enjoys cooking can learn how to prepare different meals. A person who plays a musical instrument can become more creative and confident. Learning new skills through hobbies can be useful in everyday life.

Another benefit is that hobbies can help people make new friends. Many hobbies are done in groups, clubs, or teams. People who share the same interests often enjoy spending time together and talking about their hobby.

Finally, hobbies can give people a sense of achievement. When someone finishes a painting, grows vegetables in a garden, or learns a new song, they feel proud of what they have done.

For these reasons, having a hobby is a great way to spend your free time.



A. What are four benefits of having a hobby? Make notes.

1. _____
2. _____
3. _____
4. _____

B. Write whether the following sentences are True (T) or False (F).

1. A hobby is something people do because they like it. _____
2. Hobbies always make people feel more stressed. _____
3. Cooking can help someone learn useful skills. _____
4. People can meet others with similar interests through hobbies. _____
5. The writer thinks hobbies are a waste of time. _____



C. Vocabulary Match: Match the words in Column A (which are in bold and underlined in the text) with their meanings in Column B.

Word	Meaning
1. stressed	a. advantage
2. useful	b. pleased
3. benefit	c. wonderful
4. proud	d. anxious
5. great	e. helpful

Answers: 1. __ 2. __ 3. __ 4. __ 5. __

D. Discuss:

1. Do you have a hobby? What is it?
2. Why do you enjoy this hobby? How does it make you feel?
3. Would you like to start a new hobby? Which one?

E. Writing: You have recently started a new hobby. Write an email to your friend telling him/her about it. In your email you should:

- describe your hobby
- discuss the benefits of doing this hobby
- say how this hobby makes you feel

Write about 60 words.

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