Free time: relaxation and leisure

VOCABULARY PRACTICE
PRE-INTERMEDIATE | A2-B1

Name: _____ Date: _____

1 Match each leisure word with its meaning.

1 hobby ____	**a** time when you are not working or studying
2 relax ____	**b** to rest and stop feeling stressed
3 spare time ____	**c** an activity you do for pleasure in your free time
4 pastime ____	**d** free time used for enjoyment
5 unwind ____	**e** to relax after a stressful time
6 leisure ____	**f** a day when you don't have to work
7 chill out ____	**g** to relax in an informal, easy way
8 recharge ____	**h** to gain energy and feel refreshed again
9 day off ____	**i** to escape from stress or routine for a while
10 get away from it all ____	**j** an activity done regularly for enjoyment

2 Choose the correct form.

1 I like reading / read in my spare time.
2 She relaxes / relax by listening to music.
3 We usually unwind / unwind of after work.
4 He is into / is on photography.
5 They spend / spent their weekends hiking.
6 I need to chill out / chill up this weekend.
7 She took up / took on painting last year.
8 We have a day off / a day out on Friday.

3 Complete the descriptions with words from the box.

chill out | day off | hobby | pastime | recharge | relax | spare time | unwind

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Nina: In her 1 _____, she loves painting. It's been her favourite
2 _____ since she was a child.
Marko: He works hard all week, so on his 3 _____ he likes to
4 _____ at home and do nothing.
Lea: She goes swimming to 5 _____ after a stressful day. Swimming is a great way
for her to 6 _____.
Sam: He likes to 7 _____ with friends and just 8 _____ on the sofa.

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4 Match each word with its opposite.

1 relax ____	**a** working hours
2 spare time ____	**b** working day
3 active ____	**c** tense up
4 sociable hobby ____	**d** get stressed
5 unwind ____	**e** solitary hobby
6 recharge ____	**f** wear out
7 leisure ____	**g** work
8 day off ____	**h** inactive

5 Read the text. Write T (true) or F (false).

How I spend my weekends

Ana works long hours during the week, so she really values her spare time. On Saturdays, she likes to relax at home and read, and on Sundays she often goes hiking to unwind and recharge before the new week starts. She took up hiking two years ago as a new hobby and says it helps her chill out completely. Once a year, she takes a longer trip to get away from it all.

1 Ana works short hours during the week. T / F

2 She reads on Saturdays. T / F

3 She goes hiking on Sundays. T / F

4 She took up hiking recently. T / F

5 Hiking helps her feel stressed. T / F

6 She takes a longer trip once a year. T / F

6 Complete the sentences with the correct preposition (in, on, into, off).

1 She is really _____ yoga these days.

2 We relax _____ our spare time.

3 He has a day _____ tomorrow.

4 I like to chill _____ at the weekend.

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OVER TO YOU

Write a 70-90 word description of how you (or an imaginary person) like to spend your free time. Include a hobby, a way of relaxing and how often you do it.

[ ] Use at least eight target words. [ ] Use present tenses accurately. [ ] Keep the description clear and positive.

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ANSWER KEY

1 Leisure words

1 c 2 b 3 a 4 j 5 e 6 d 7 g 8 h 9 f 10 i

2 Choose the correct form

1 reading 2 relaxes 3 unwind 4 is into 5 spend 6 chill out 7 took up 8 a day off

3 Descriptions

1 spare time 2 pastime 3 day off 4 relax 5 unwind 6 recharge 7 chill out 8 relax

4 Opposites

1 c 2 a 3 h 4 e 5 d 6 f 7 g 8 b

5 Reading

1 F - she works long hours.
2 T
3 T
4 F - two years ago, not recently.
5 F - it helps her recharge.
6 T

6 Prepositions

1 into 2 in 3 off 4 out

Over to you

Answers will vary. Check clear organisation, accurate forms and positive wording.