



# Keen On Hobbies

# Adjectives And Prepositions

TV



## Lead-in

Discuss the questions.



What hobbies do you have at the moment?

What do you like most about your hobby?

What are the benefits of having a hobby?

Do you prefer hobbies you do alone or with other people? Why?

Do you think hobbies are important for mental health? Why?

Do you think people have less time for hobbies today than in the past?

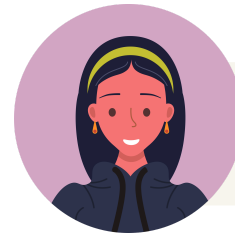
1a

Read the texts. Which hobby from the texts do you like the most? Why?



Emma

I really enjoy photography because it helps me **step out of my comfort zone**. I like taking photos of nature and city life, trying different angles and lighting. Sometimes I even take photos of my friends or family. It makes me happy to see how I can create something beautiful from ordinary moments. I'm really **keen on** capturing moments that tell a story and sharing them with others.



Sofia

I enjoy learning English because it helps me **stay open to new ideas**. I like listening to podcasts, reading books, and trying to speak with other people. Learning English also helps me understand different cultures and meet new people online. I feel **capable of** improving my English if I practise every day, and it makes me feel more confident when I communicate.



Liam

Painting is one of my favourite hobbies because it allows me to **express myself**. I enjoy mixing colours and creating landscapes or portraits. Sometimes I spend hours working on a single painting because I want it to be perfect. Painting helps me relax after a busy day, and I always feel proud of what I make. I'm **pleased with** my latest painting, and it gives me a lot of satisfaction to see my progress.



Noah

I love playing the guitar because I can **make progress over time**. Every week I practise new songs and try to learn different chords and techniques. Sometimes it's difficult, but I enjoy every small improvement. Playing music helps me relax and express my feelings. I'm **inspired by** famous guitarists, and I hope one day I can play as well as they do.

1a

Read the texts. Which hobby from the texts do you like the most? Why?



Lily

Running is a hobby I enjoy because it helps me **escape routine**. I like going to parks and trying different routes every week. Running makes me feel free and gives me energy for the rest of the day. Sometimes I run with friends, and sometimes alone, but it always helps me think and relax. I'm **curious about** new paths and challenges, and it keeps me active and happy.



Ava

I like cooking because I can **learn from mistakes**. Sometimes my dishes don't turn out as I expect, but I always try again and improve. Cooking new recipes is fun, and it helps me be creative. I also enjoy sharing my food with family or friends. I was **disappointed with** my first cake, but now I can make it perfectly and I feel proud of my progress.



Ethan

I enjoy blogging because I can **explore new ideas**. I write about different topics and share my thoughts online. Writing helps me think clearly and organise my ideas. I like learning new words and improving my writing skills with every post. I'm **fed up with** writing about the same things, so I always try to find fresh ideas and keep my blog interesting for readers.



Lucas

I love playing chess because I can **improve little by little**. Every game teaches me something new, and I practise different strategies to become better. Sometimes I lose, but I always learn from my mistakes. Playing chess helps me focus and think carefully before making decisions. I'm **passionate about** winning and learning new techniques in every game, and it makes me feel proud when I play well.

1b

Match each phrase (1–8) with the correct definition (A–H).



1

Step out of your comfort zone

D

A

To get better step by step, slowly but surely

2

Express yourself

B

B

To show your thoughts, feelings, or ideas clearly

3

Stay open to new ideas

G

C

To understand what went wrong and try to do better next time

4

Make progress over time

E

D

To try new things that feel a little difficult or different

5

Escape routine

F

E

To slowly get better at something by practising regularly

6

Learn from mistakes

C

F

To do something different from your normal daily activities

7

Explore new ideas

H

G

To be ready to listen to and try new ideas or ways of doing things

8

Improve little by little

A

H

To think about or try new thoughts, ways, or activities



**2** Read the sentences carefully and choose the phrase that best completes each one. Think about real-life situations while choosing your answers.

1. When you try something new at work or in your studies, it's important to **step out of your comfort zone**, even if it feels uncomfortable at first.
2. If you feel bored or unmotivated every day, changing small habits can help you **escape routine** and feel more inspired.
3. Don't be afraid to **express yourself** during discussions — your opinions matter, even if others don't fully agree with you
4. Success rarely happens overnight; most people make **progress over time** by practicing regularly and being patient with themselves.
5. Instead of feeling bad about failure, try to learn from mistakes and use the experience to do better next time.
6. Reading books, watching documentaries, or talking to new people can help you **explore new ideas** and see the world differently.
7. Personal growth becomes easier when you **stay open to new ideas** and don't reject different opinions too quickly.
8. Even if the results are small at first, you will **improve little by little** if you keep working on your skills consistently.

**3** Read each sentence carefully. Paraphrase the sentence using one phrase from the list so that the meaning is the same.

**Possible answers**

1. *Writing songs helps me express myself and share my feelings, ideas, and personality in a creative way.*
2. *I joined a pottery class to step out of my comfort zone, even though I felt nervous leaving what was safe and familiar.*
3. *I'm not very good at the piano yet, but I'm improving little by little and making progress over time with regular practice.*
4. *When I play chess, I learn from my mistakes and use them to play better next time.*
5. *Trying photography, painting, and blogging helps me explore new ideas and discover different interests.*
6. *I don't expect fast results from my hobby because I know I will make progress over time.*
7. *Doing the same hobby every day started to feel boring, so I wanted to escape my routine.*
8. *In my book club, I enjoy listening to different opinions and staying open to new ideas, even trying books I wouldn't usually choose.*





**4a** Discuss the questions below.  
After that, read the questions one more time and circle all the adjective + preposition combinations you can find.

1. When trying a new hobby and stepping out of your comfort zone, what kind of activity are you keen on and why?
2. Which hobby helps people express themselves and feel passionate about what they do?
3. How can hobbies help people stay open to new ideas and become curious about different things?
4. What hobby allows someone to make progress over time and feel capable of improving with practice?
5. Why do people who are fed up with daily routine often choose hobbies to escape routine?
6. In which hobbies is it normal to learn from mistakes and sometimes feel disappointed with the results?
7. How can creative hobbies help people explore new ideas and feel inspired by others?
8. Why do people feel pleased with their hobbies when they improve little by little?



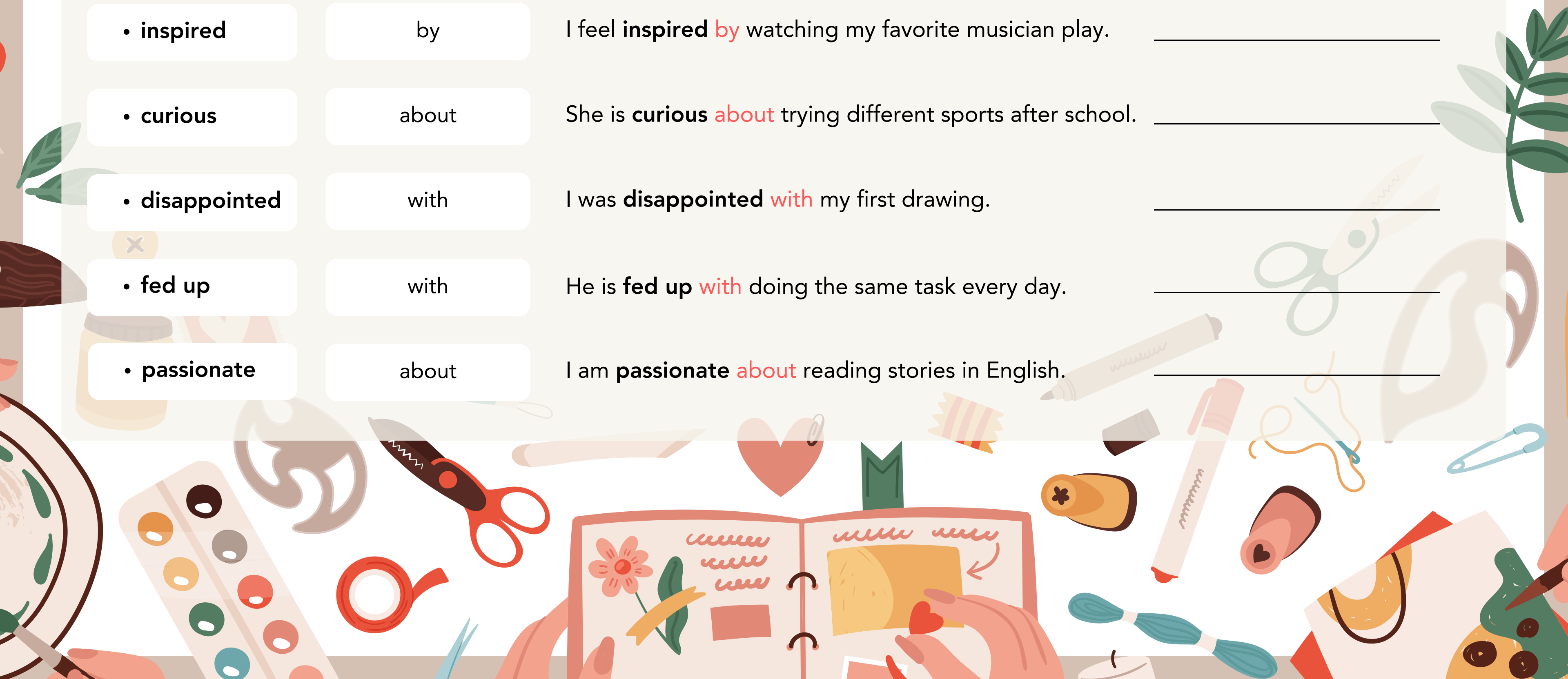
**4b** Choose the correct preposition, complete the examples, and write your own sentences.

Adjective	Preposition	Example Sentence	Your Sentence
• keen	on	I am <b>keen on</b> learning new hobbies at school.	_____
• pleased	with	She is <b>pleased with</b> her homework results.	_____
• capable	of	He is <b>capable of</b> finishing difficult exercises.	_____



**4b** Choose the correct preposition, complete the examples, and write your own sentences.

Adjective	Preposition	Example Sentence	Your Sentence
• inspired	by	I feel <b>inspired</b> <i>by</i> watching my favorite musician play.	_____
• curious	about	She is <b>curious</b> <i>about</i> trying different sports after school.	_____
• disappointed	with	I was <b>disappointed</b> <i>with</i> my first drawing.	_____
• fed up	with	He is <b>fed up</b> <i>with</i> doing the same task every day.	_____
• passionate	about	I am <b>passionate</b> <i>about</i> reading stories in English.	_____





**5** Read the dialogue and fill in the missing adjectives. Use the prepositions given as hints.

**Anna:** You've seemed much more energetic recently, so I was wondering if you've found a new interest or hobby that really motivates you.

**Mark:** Yes, actually, I've become **keen on** photography, and now I spend a lot of my free time learning how to use my camera properly.

**Anna:** That sounds interesting, because I'm **pleased about** photography, but I'm not sure if I would be patient enough to learn all the technical details.

**Mark:** I felt the same at first, but I was **inspired by** a travel blogger whose photos showed everyday places in a really creative way.

**Anna:** I understand that feeling. I used to enjoy painting a lot, but lately I've been **fed up with** doing hobbies that keep me at home all the time.

**Mark:** Yeah, after a while it can feel boring. Still, I think I'm **capable of** learning something new if I set small goals and don't rush myself.

**Anna:** At the moment, I'm **passionate about** hiking, because being in nature helps me relax and forget about stress from work.

**Mark:** I tried hiking recently, but I was **disappointed with** my last trip since the weather was terrible and we couldn't finish the route.

**6** Read the statements and decide if you agree or disagree. Explain your opinion and give at least one reason or example.

- People who are **keen on** many hobbies at the same time never become really good at any of them.
- If you are **pleased with** your hobbies, you don't need to try new interests anymore.
- Everyone is **capable of** enjoying at least one creative hobby, even if they think they are "not talented."
- People are more **inspired by** social media than by real people in their lives.
- Being **curious about** too many things makes it harder to focus on one passion.
- If you feel **disappointed with** a hobby, you should stop it instead of giving it another chance.
- People become **fed up** with hobbies quickly because they expect results too fast.
- If you are truly **passionate about** a hobby, you should be ready to turn it into a job.

7



Look through the questions below. Listen to the dialogue. Then answer these questions.



*Leo was fed up with sitting at his desk all day, staring at the computer screen, and answering emails because it felt like the work never ends.*

*Leo was inspired by a colleague who cooks simple meals at home instead of always ordering takeout. Watching her made him want to try cooking too.*

*Leo has become keen on taking evening walks in the park. It helps him forget about work for a while and feel more peaceful afterward.*

*Emma is curious about trying cooking herself, but she feels unsure because she might be too tired after work to enjoy it properly.*

*Emma is pleased with how her evenings feel when she spends time reading or listening to music. It makes her happy without any pressure.*

*Emma was disappointed with going to the gym because she thought it would make her feel better, but instead it made her even more tired.*

*Emma thinks everyone is capable of finding at least one hobby that helps them relax because you just need to try a few things and see what feels good.*

*Emma is passionate about reading novels, especially in the evening. Reading helps her forget about work and feel calm.*



8

Look at the pictures of the people. Describe how each person feels using adjectives from the lesson. Try to explain why they might feel that way.



## extra practice

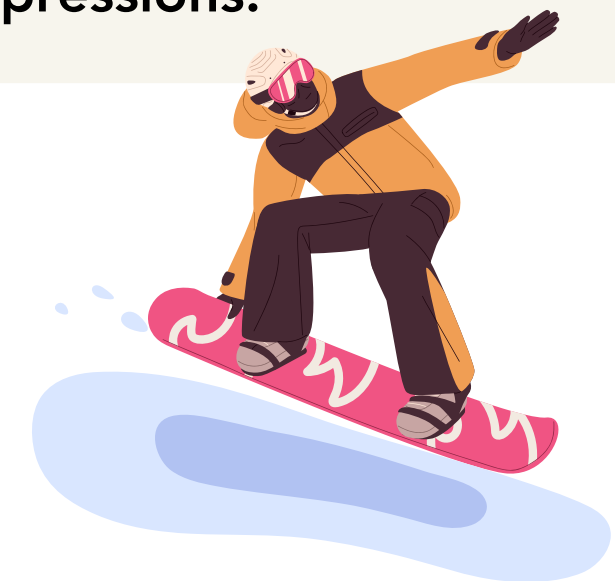


A) Describe the hobby in the pictures, saying what equipment is needed, how you feel about it, and whether you would like to try it. Try to use at least three phrases from the target vocabulary and three adjectives from the list.



B) Start by thinking about the questions on adrenaline junkies and extreme hobbies. Then, read the descriptions of the dangerous hobbies. **Put them in the order you would like to try, imagine doing each one, and share your impressions.**

- Do you have any idea what an **adrenaline junkie** is and what they like to do?
- Why do some people love dangerous or exciting activities?
- Would you like to try a hobby for an adrenaline rush? Why or why not?





## 1 SKYDIVING

Skydiving is a hobby that many people are keen on because it allows them to step out of their comfort zone and escape routine. Jumping from a plane gives an amazing feeling of freedom and excitement. Beginners may feel curious about the experience and wonder if they are capable of completing the jump safely. It also helps people express themselves by challenging their fears and enjoying an unforgettable adventure.

## 2 ROCK CLIMBING

Rock climbing is a hobby that helps people express themselves and explore new ideas while testing their strength, balance, and problem-solving skills. Some climbers may feel disappointed with their first attempts, but they learn from mistakes and improve little by little. Over time, climbing can help people stay open to new ideas and feel proud of their progress as they reach higher and more difficult routes.

## 3 BUNGEE JUMPING

Bungee jumping is an extreme activity that can be inspired by friends, professional athletes, or adventurous videos. It encourages participants to stay open to new ideas and make progress over time, especially when learning how to overcome fear. Some people feel fed up with waiting in line or with nervousness before the jump, but the experience is thrilling and unforgettable. It is also a hobby that helps people step out of their comfort zone and enjoy a moment of complete freedom.

## 4 FREE SOLO CLIMBING

Free solo climbing is a very challenging hobby that many people are keen on because it allows them to step out of their comfort zone and explore new ideas in climbing techniques. It requires extreme focus, physical strength, and courage. Beginners may feel curious about it but must be capable of staying calm under pressure. This hobby teaches people to learn from mistakes, improve little by little, and make progress over time while experiencing a unique sense of accomplishment.

## extra practice

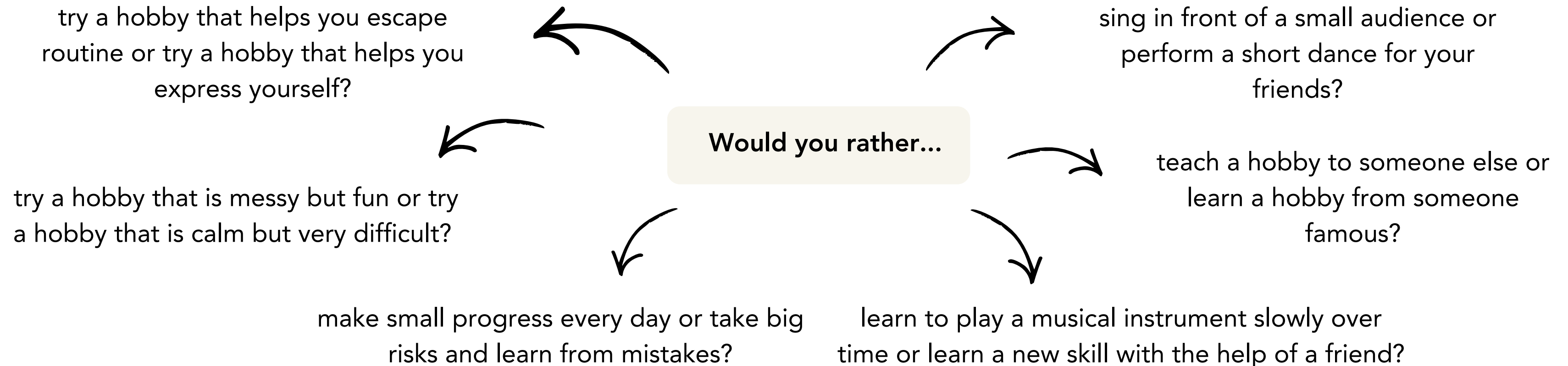


C) Choose one hobby and describe it to the class or your partner. Include details about:

- Why you are **keen on** it or **passionate about** it
- What makes you **curious about** it
- What you might feel **fed up with** or **disappointed with**
- How it can help you **step out of your comfort zone**, **express yourself**, **escape routine**, or **explore new ideas**
- How you could **learn from mistakes**, **improve little by little**, or **make progress over time**



D) Take the quiz with strange or funny choices, pick one, and explain why you chose it.



extra practice



E) Choose the correct option.

1 I'm very **keen** \_\_\_ photography.

- A in      B **on**      C with

2 She's **pleased** \_\_\_ her new job.

- A **with**      B by      C about

3 He's **capable** \_\_\_ running a marathon.

- A to      B **of**      C from

4 We're **inspired** \_\_\_ our coach.

- A **by**      B with      C of

5 I'm **curious** \_\_\_ history.

- A with      B of      C **about**

6 She's **disappointed** \_\_\_ the film.

- A about      B **with**      C of

7 They're **fed up** \_\_\_ the noise.

- A **with**      B about      C of

8 He's **passionate** \_\_\_ cooking.

- A on      B in      C **about**



## extra practice

### F) Find and correct the mistakes.

- I'm keen ~~in~~ **on** football.
- She's pleased ~~about~~ **with** her test score.
- He's capable ~~to~~ **of** fixing the car.
- We're inspired ~~with~~ **by** nature.
- I'm curious ~~of~~ **about** this topic.
- She's disappointed ~~from~~ **with** the service.
- They're fed up ~~of~~ **with** waiting.
- He's passionate ~~on~~ **about** music.

### H) Make full sentences using the prompts.

She / passionate / help animals



She is passionate about helping animals.

- *She is capable of skating with her coach.*
- *I am keen on learning Japanese.*
- *They are pleased with their project results.*
- *He is inspired by his grandfather.*

### G) Rewrite using the adjective + preposition.

- He **can solve** difficult problems. → He's **capable of** solving difficult problems.
- She **feels happy** about her results. → She's **pleased with** her results.
- He **loves** environmental activism. → He's **keen on** environmental activism.
- I **want to know more** about space. → I'm **curious about** space.
- The movie **motivated** me. → I'm **inspired by** the movie.
- They are **tired of** complaints. → They're **fed up with** complaints.
- She **feels unhappy** about the trip. → She's **disappointed with** the trip.
- I **really like** photography. → I'm **passionate about** photography.

- *We are curious about how robots work.*
- *I am fed up with waking up early.*
- *He is passionate about taking photos of nature.*
- *She is disappointed with her exam mark.*

