

Lead-in Discuss the questions.

What hobbies do you have at the moment?

What do you like most about your hobby?

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

What are the benefits of having a hobby?

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



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	A	To get better step by step, slowly but surely
2	Express yourself	B	To show your thoughts, feelings, or ideas clearly
3	Stay open to new ideas	C	To understand what went wrong and try to do better next time
4	Make progress over time	D	To try new things that feel a little difficult or different
5	Escape routine	E	To slowly get better at something by practising regularly
6	Learn from mistakes	F	To do something different from your normal daily activities
7	Explore new ideas	G	To be ready to listen to and try new ideas or ways of doing things
8	Improve little by little	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.

- When you try something new at work or in your studies, it's important to _____, even if it feels uncomfortable at first.
- If you feel bored or unmotivated every day, changing small habits can help you _____ and feel more inspired.
- Don't be afraid to _____ during discussions — your opinions matter, even if others don't fully agree with you
- Success rarely happens overnight; most people make _____ by practicing regularly and being patient with themselves.
- Instead of feeling bad about failure, try to learn from mistakes and use the experience to do better next time.
- Reading books, watching documentaries, or talking to new people can help you _____ and see the world differently.
- Personal growth becomes easier when you _____ and don't reject different opinions too quickly.
- Even if the results are small at first, you will _____ 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.

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|--|--|
| <ul style="list-style-type: none"> • Step out of your comfort zone • Express yourself • Stay open to new ideas • Make progress over time | <ul style="list-style-type: none"> • Escape routine • Learn from mistakes • Explore new ideas • Improve little by little |
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- Writing songs helps me share my feelings, ideas, and personality in a creative way.
- I joined a pottery class even though I felt nervous about leaving what felt safe and familiar.
- I am not very good at the piano yet, but regular practice is helping me slowly get better.
- When I play chess, I look at my wrong moves and use them to play better next time.
- Trying photography, painting, and blogging helps me discover different interests and possibilities.
- I don't expect fast results from my hobby because I know real skills develop step by step.
- Doing the same hobby every day started to feel boring, so I wanted to break out of my usual pattern.
- In my book club, I enjoy listening to different opinions and being ready to try books I wouldn't usually choose.



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

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 _____ **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 _____ **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 _____ **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 _____ **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 _____ **of** learning something new if I set small goals and don't rush myself.

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

Mark: I tried hiking recently, but I was _____ **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.

SCAN ME!



Why was Leo **fed up** with sitting at his desk all day at work?

Who was Leo **inspired by** to start cooking at home, and what did that person do?

What hobby has Leo become **keen on**, and how does it help him relax after work?

What is Emma **curious about** trying, and why does she feel unsure about it?

What is Emma **pleased with** when she spends her evenings reading or listening to music?

Why was Emma **disappointed with** going to the gym after work?

Why does Emma think everyone is **capable of** finding at least one hobby that helps them relax?

What is Emma **passionate about**, and how does this hobby help her feel in the evening?



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.



1



2



3



4



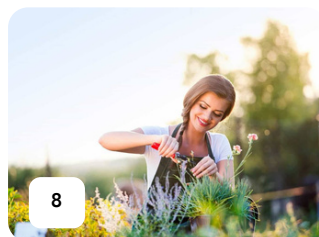
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6



7



8

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.

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

• 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.



• **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.

• **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.

• **Free Solo Climbing**

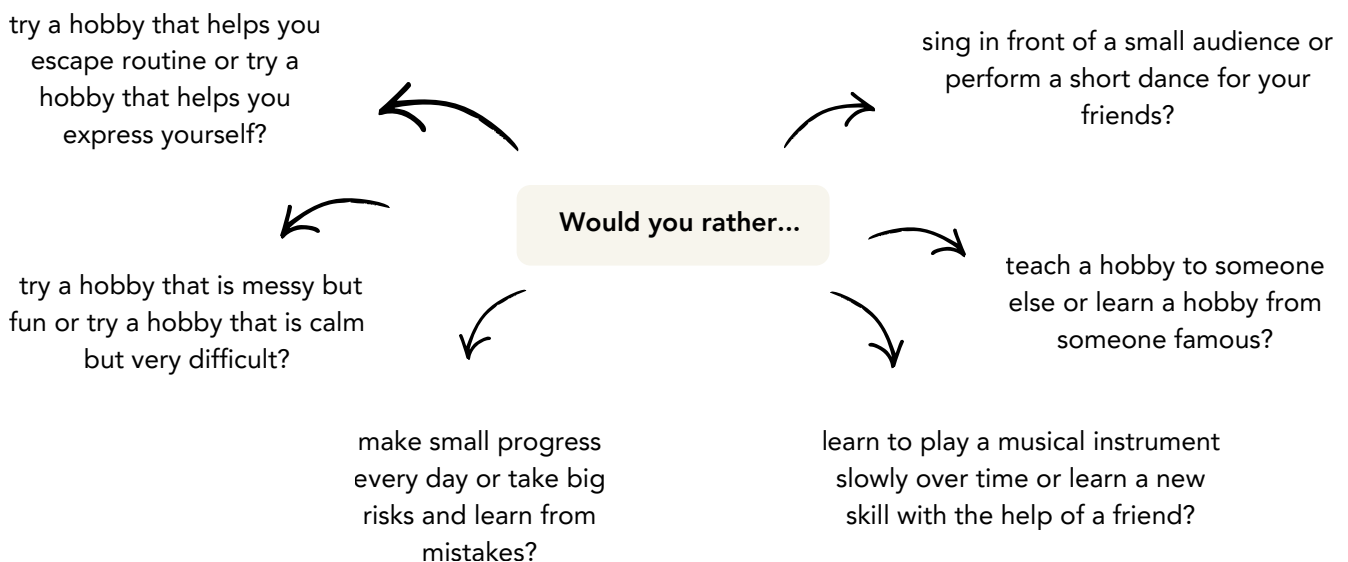
Free solo climbing is a very challenging hobby that many people are keen on because it allows them to step out of their comfort zone and explore new ideas in climbing techniques. It requires extreme focus, physical strength, and courage. Beginners may feel curious about it but must be capable of staying 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.

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.



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

H) Make full sentences using the prompts.

- She / **capable** / skate/ with her coach _____
- I / **keen** / learn / Japanese _____
- They / **pleased** / their project results _____
- He / **inspired** / his grandfather _____
- We / **curious** / how robots work _____
- I / **fed up** / wake up early _____
- He / **passionate** / take photos of nature _____
- She / **disappointed** / her exam mark _____

F) Find and correct the mistakes.

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

G) Rewrite using the adjective + preposition.

- He **can solve** difficult problems.
→ He's _____ solving difficult problems.
- She **feels happy** about her results.
→ She's _____ her results.
- He **loves** environmental activism.
→ He's _____ environmental activism.
- I **want to know more** about space.
→ I'm _____ space.
- The movie **motivated** me.
→ I'm _____ the movie.
- They are **tired of** complaints.
→ They're _____ complaints.
- She **feels unhappy** about the trip.
→ She's _____ the trip.
- I **really like** photography.
→ I'm _____ photography.

