

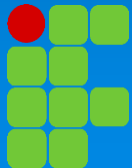
**INSTITUTO  
FEDERAL**  
Rio Grande do Norte

Campus  
Nova Cruz

# Hobbies, Leisure and Lifestyles

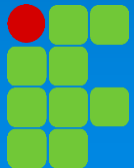
**TEACHER:**

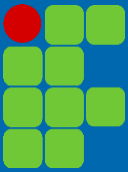
M.a. Cristiane de Brito Cruz



# Leisure

- Free time after school or work is called **leisure time**.
- It is time when we **don't have to go to work or school**. It is the time of **fun and entertainment**.
- There are a **lot of types of hobbies**.





# Leisure

- We devote time to different activities to **recharge** ourselves, to **relieve stress**.



**watching TV**



**gardening**



**relaxing**



**meditating**

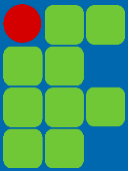


**playing chess**



**painting**

# The importance of having hobbies/interests

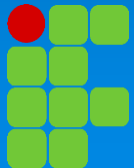


- Bring pleasures and fun;
- Meet new friends ;
- Relieve stress;
- Avoid feeling bored;
- Learn something new;
- Escape from our busy/stressful lives;
- Spend more time with family, relatives or friends.

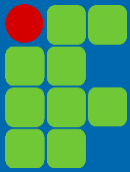


# There are different kinds of hobbies

- The traditional ones are **collecting objects**: stamps, picture postcards, bottles, models of cars, coins, badges or other things. It can be a lifelong hobby;
- People can exchange these things – **swap** them in different collector clubs.
- These hobbies are gradually becoming **old-fashioned**.



# Collecting objects



stamps



picture postcards



bottles



models of cars

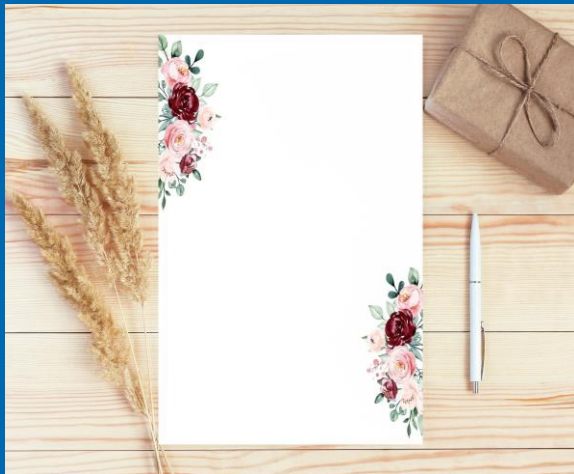
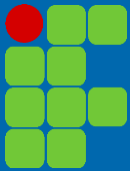


coins



badges

# Collecting objects



letter paper



telephone cards



phone coins



doll collector



airplane collector

# Hobbies for active & passive people

**Passive people:** There are people who **don't like movement**, so they prefer activities such as:



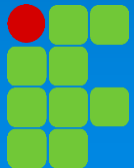
reading books/  
magazines



completing  
crosswords



play computer  
games





# Hobbies for active & passive people

**Energetic people** do rather some physical activities. So they practise some kind of **sport**. Helps us to be **fit** and keeps our body in a healthy condition.



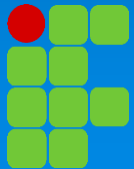
play volleyball



play rugby



swim



# Small children Hobbies



play with a doll



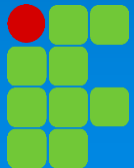
chase



hide and seek



board games



# Teenagers Hobbies



playing sports



dancing



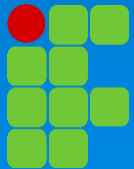
going to parties



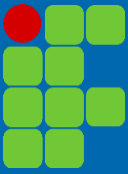
listen to music



chatting, texting



# Adults Hobbies



**fishing**



**hiking**



**flying an airplane**



**water skiing**

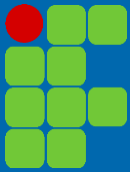


**skiing**

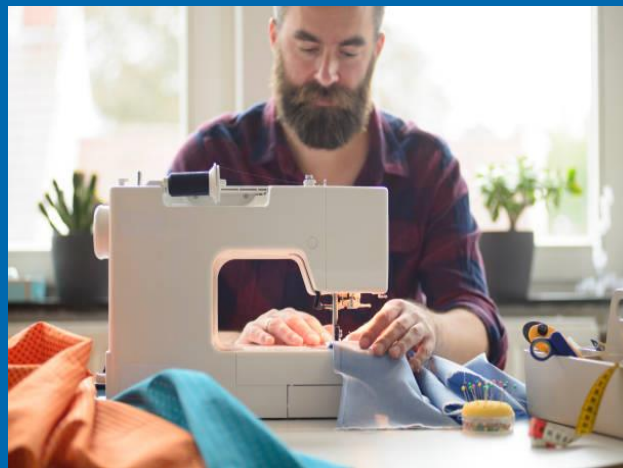


**windsurfing**

# Adults/Elderly people Hobbies



**knitting**



**sewing**



**embroidering**



**fixing cars**



**watering plants**



**clean the  
yard**



Water/River rafting



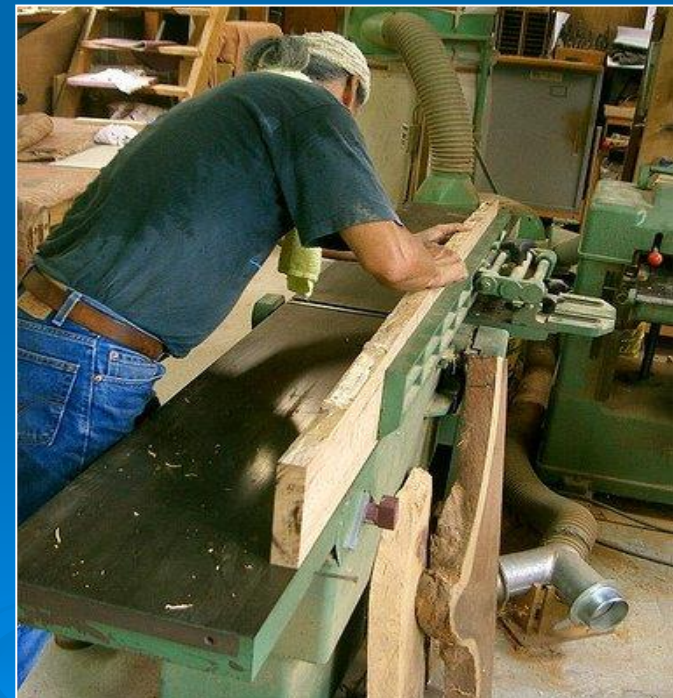
crocheting



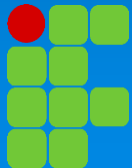
Playing team sports



Scuba diving



Wood working



# Older people Hobbies



**playing golf**



**bowling**



**look after  
children**



**picking up mushrooms**

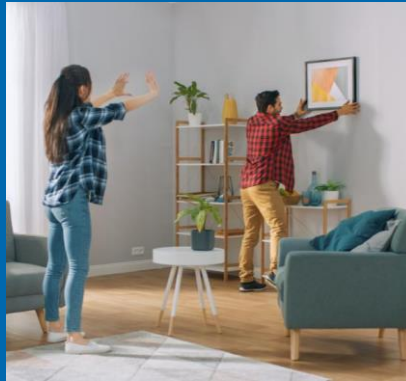


**travelling**

# DIY (do it yourself) hobbies



repair



redecorate



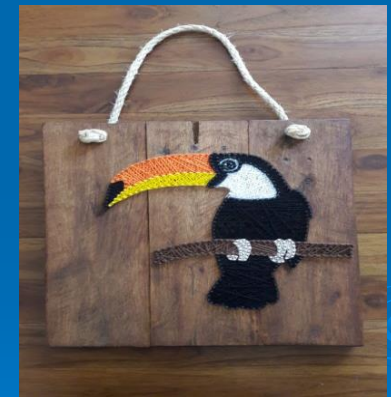
cooking



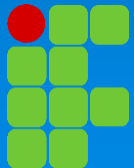
woodworking



artcraft

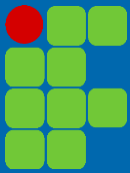


string art





# Dangerous (adrenaline) hobbies



heliskiing



base jumping



parkour



deep sea  
cave diving



high-altitude  
climbing



big wave  
surfing