

## 5 reasons why everyone should have a hobby



### Social life

People who have hobbies often do them with others, which connects both friends and strangers. Even when we have a solitary hobby, it can make us more interesting. People with hobbies usually have a lot of interesting experiences. There is always something to talk about and share.



### Getting rid of boredom

Hobbies give us something to do when we find ourselves with spare time. They are also an activity that we can look forward to and get excited about. Changing our routine is always a good idea, especially if we find a fun way to do it.



### Stress relief

Studying and working can be very stressful. Hobbies help us relax and calm down our minds. When we do something we like, we focus deeply and do not think about negative things. It is easier to enjoy things which we don't have to do.



### Being creative

When we do hobbies we enjoy, our minds are more active and think creatively. This creativity can then be used to complete our everyday tasks more easily. Hobbies help us find new ways to solve problems, but they also give us the feeling of pride and enjoyment because we made something new.



### Learning things we like

When we get a hobby, there's so much to learn. Luckily, none of it is boring, because we choose what we will or won't learn. We also improve different skills and do things we've never tried before. We never know how our lives will change because of what we have learned while doing an interesting activity.

**Questions and tasks:**

- 1 Why do you (or people you know) have hobbies? Can you add other reasons to the list?
- 2 Can you think of reasons why not to have a hobby?
- 3 Is there a hobby you have always wanted to do, but never did? Why?
- 4 Make a list with hobbies from people in your class.  
Sort them by how interesting they sound to you.
- 5 Try an online test to help you choose a (new) hobby.
- 6 Bring to class examples and present your hobby – an old one, or something new you have tried.