

Which way of spending free time do you find more attractive: relaxing and doing nothing in the garden or working on a DIY project? Why?

Think & Speak



1. How can this way of spending free time help people reduce stress?
2. What kind of person do you think would prefer each activity?
3. Are there any disadvantages of spending free time like this?
4. Which of these activities would be more suitable for teenagers and why?

- Explain why you would choose this option rather than the other one.
- Why do you think the other way of spending free time is less suitable for you?
- Give at least two reasons for rejecting the second option.

