

Lecture: 01

Lesson1: Have you any favourite pastime?

English For Today

For classes 9-10

Duration: 40 minutes

Introduction to Pastimes:

- Pastimes are activities that individuals engage in during their leisure time.
- They provide a break from daily routines and responsibilities.
- Engaging in pastimes can enhance mental well-being and creativity.

Types of Pastimes

- Pastimes can be categorized into various types, including indoor and outdoor activities.
- Popular indoor pastimes include reading, crafting, and playing video games.
- Outdoor pastimes can involve sports, hiking, gardening, or simply enjoying nature.

Benefits of Engaging in Pastimes

- Participating in pastimes can reduce stress and improve overall happiness.
- They can also foster social connections when shared with friends or communities.
- Regularly engaging in enjoyable activities can boost cognitive function and creativity.

Thank You

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