

Hobbies in the Workplace

What Are Hobbies?

Hobbies are activities or interests that people pursue during their leisure time for pleasure and relaxation. They can be solitary or social, creative or physical, and can range from simple to complex. Hobbies provide a way to unwind, learn new skills, and express oneself.

Expressions to Talk About Hobbies

Talking About Your Hobby:	Asking About Hobbies:
I'm really into...	What are your hobbies?
I'm a big fan of...	What do you do in your free
I enjoy...	time?
I'm passionate about...	Do you have any hobbies?
My favorite hobby is...	What are you interested in?
I find it really	
relaxing/challenging/rewarding.	
I'm trying to get better at...	

Types of hobbies

Creative Hobbies: painting, drawing, writing, playing a musical instrument, knitting, sewing, cooking, baking

Physical Hobbies: sports (e.g., soccer, basketball, tennis), hiking, biking, dancing, yoga, martial arts

Intellectual Hobbies: reading, learning languages, playing board games, solving puzzles,

coding, collecting

Social Hobbies: volunteering, joining clubs, playing team sports, attending concerts or theater performances

The Benefits of Hobbies

Stress Relief: Engaging in hobbies can help you relax and unwind, reducing stress and anxiety.

Improved Mental Health: Hobbies can stimulate creativity, problem-solving skills, and cognitive function.

Increased Productivity: Taking breaks to pursue hobbies can actually boost your productivity by refreshing your mind.

Enhanced Creativity: Hobbies can spark new ideas and innovative thinking, which can benefit your work performance.

Stronger Social Connections: Joining hobby groups or clubs can help you connect with like-minded people and build strong social relationships.

Modals (Ability – Past Ability – Requests)

What are Modals:

Modals are special helping verbs .We use them before the main verb to talk about ability permission requests advice ...

Examples of modals: can could

1. Ability CAN

We use CAN to talk about ability in the present

Form: Subject + can + base verb

Examples: I can swim

She can speak English

They can work in a team

2. Past Ability COULD

We use COULD to talk about ability in the past

Form: Subject + could + base verb

Examples:

I could swim when I was 10

She could read at age 5

3. Requests CAN/ COULD

We use CAN and COULD to ask for something

Can is normal / Could is more polite

Examples

Can you help me

Could you help me (more polite)

Adverbs of Frequency

Common Adverbs of Frequency

Always – 100%

Usually – 80–90%

Often – 60–70%

Sometimes – 40–50%

Rarely – 10%

Never – 0%

Position in the sentence

Before the main verb:

I always eat breakfast.

After be:

She is always late