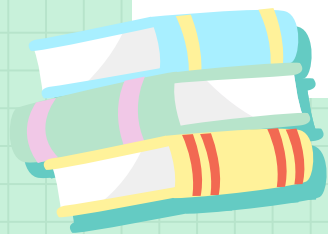


# สนุกกับภาษา

## Learning Vocabulary (6)



ผู้ช่วยศาสตราจารย์ภาวิณี อุ๋นวัฒนา



## Learning Vocabulary (6)



- ❑ **hobby** (n.) A **hobby** is an activity that you enjoy doing in your spare time.
- ❑ Our **hobbies** are music, photography and woodcarving.
- ❑ **Do you have any hobbies?**



## Learning Vocabulary (6)

- ❑ What do you like to do in your free time?
- ❑ spare time / leisure time
- ❑ I **like** / **love** / **enjoy** cooking.
- ❑ What are your hobbies?

## Learning Vocabulary (6)



- ❑ My **hobbies** are cartoon drawing and listening to music.
- ❑ I **enjoy** collecting good books/postcards...
- ❑ I'm **passionate** about reading and writing.
- ❑ I'm **crazy** about writing novels.

## Learning Vocabulary (6)



- ❑ Mam is **passionate** about cooking.
- ❑ He is **mad** about football.
- ❑ I'm **addicted to**....
- ❑ She is **fond of** collecting jewels.



## Learning Vocabulary (6)

- ❑ What do you like to do in your free time?
- ❑ What do you do in your free time?
- ❑ What do you do in the evening?
- ❑ Do you take a nap in the afternoon?

## Learning Vocabulary (6)



- ❑ Do you watch TV on Sunday mornings?
- ❑ Do you go to the movies on weekends?
- ❑ What do you do in your free time?

## Learning Vocabulary (6)



- ❑ **Leisure activities:**
- ❑ reading, cooking, dancing, watching TV, listening to music,...
- ❑ I **love** meditation.
- ❑ I **enjoy** spending time with my family.



## Learning Vocabulary (6)



- ❑ Leisure / Recreational activities:
- ❑ I like early morning walks.
- ❑ Someone is crazy about watching movies.
- ❑ They enjoy visiting amusement parks.

## Learning Vocabulary (6)



- ❑ **Leisure / Recreational** activities:
- ❑ He loves **traveling** around the world.
- ❑ She likes **touring** around new cities.
- ❑ We enjoy **camping/birdwatching**....



## Learning Vocabulary (6)

- ❑ **How often** do you watch TV?
- ❑ I watch TV in the evenings.
- ❑ **How often** do you take the time to pause and reflect on your life?

## Learning Vocabulary (6)



- ❑ **Writing**
- ❑ **Journaling** is a great way to check in with yourself each day, and comes with a whole host of **mental health benefits**.

## Learning Vocabulary (6)



Keeping a **gratitude journal**, where you write down all the things you're thankful for, improves your quality of life by increasing **optimism** and can even help reduce symptoms of depression, according to **scientific research**.



## Learning Vocabulary (6)

- ❑ Learn something new and useful
- ❑ **Painting** is a wonderful way to creatively spend leisure time at home.
- ❑ Painting can help you express yourself in new ways.

## Learning Vocabulary (6)



- ❑ **Reading** is the ultimate relaxing activity. It makes you smarter! (deep meaning)
- ❑ If you have been feeling anxious or stressed, spending some of your spare time **meditating each day**. (5 minutes)



## Learning Vocabulary (6)

- ❑ **Meditation** brings clarity, focus, and calm to our hectic daily lives.
- ❑ **Learning how to cook** is one of the most rewarding ways to spend free time.



## Learning Vocabulary (6)



- ❑ The internet is full of recipes and video tutorials ranging from the simplest meals to the most complex **gourmet masterpieces**.
- ❑ **masterpiece** (n.) the best work



## Learning Vocabulary (6)

- ❑ The couple share a love of **gourmet** cooking.
- ❑ **gourmet** meals / restaurants



# Climate change food calculator: What's your diet's carbon footprint?

By Nassos Stylianou, Clara Guibourg and Helen Briggs  
BBC News

🕒 9 August 2019 | [🗨️ Comments](#)



Our Planet Now



## Learning Vocabulary (6)



- ❑ Avoiding meat and dairy products is one of the biggest ways to **reduce your environmental impact**, according to recent scientific studies.
- ❑ <https://www.bbc.com/news/science-environment-46459714>

## Learning Vocabulary (6)



- ❑ Switching to a **plant-based diet** can help fight climate change, according to a major report by the UN's Intergovernmental Panel on Climate Change (IPCC),



## Learning Vocabulary (6)

which says the West's high **consumption** of meat and dairy is fuelling global warming.

- <https://www.bbc.com/news/science-environment-46459714>

## Learning Vocabulary (6)



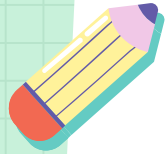
- ❑ Some crafting hobbies you could try:
- ❑ knitting, sewing, embroidery, weaving, pottery, woodworking, upcycling,...
- ❑ I'm passionate about .....

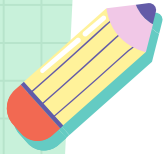
## Learning Vocabulary (6)



- ❑ **Volunteer**
- ❑ What better way to spend your leisure time than making the world a better place?







## Learning Vocabulary (6)



- ❑ **volunteer** (n., v.)
- ❑ Suchada helps in a local school as a **volunteer** three days a week.
- ❑ My sister **volunteered** to clean up the kitchen.

## Learning Vocabulary (6)



- ❑ **volunteer** (n., v.)
- ❑ I need two **volunteers**.
- ❑ He **volunteered** for the army in 1972.
- ❑ She **volunteered** as a nurse in a soldiers' rest-home.



## Learning Vocabulary (6)

- ❑ Learn how to make music yourself
- ❑ Making music can provide endless entertainment and **self-expression**.

## Learning Vocabulary (6)



- **Self-expression** is the expression of your personality, feelings, or opinions, for example through an artistic activity such as **drawing, dancing, singing or writing.**

## Learning Vocabulary (6)



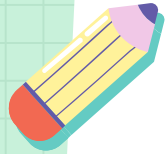
- ❑ **Practicing yoga** can help you build strength, increase flexibility, and relax both your body and mind. (mindfulness)
- ❑ Martial Arts: Thai Boxing,.....

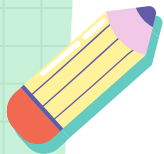
## Learning Vocabulary (6)



- ❑ Gardening
- ❑ Helping plants grow and flourish is a very rewarding way to spend your free time.
- ❑ **Green/Clean** neighborhoods







## Learning Vocabulary (6)



- It's good to spend some of your leisure time **socialising with** the people you care about most.

## Learning Vocabulary (6)



- **Go out and get some fresh air** — walking outdoors has been proven to release dopamine and serotonin (which boosts your mood and wards off depression), improve brain function,



## Learning Vocabulary (6)

lower your blood pressure, boost  
immune function.



- Play and recreation are important for a person's well-being.







# แนะนำติชมรายการได้ที่

มหาวิทยาลัยเทคโนโลยีราชมงคลพระนคร คณะศิลปศาสตร์

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