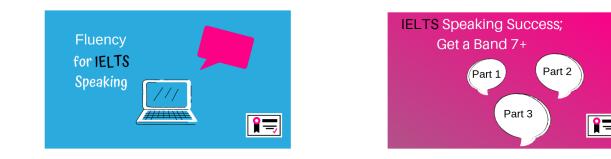


Live Lesson Notes

Relaxing

Click on a picture to discover my online courses!



What you will learn

- 1. Useful Links
- 2. Vocabulary
- 3. Toolbox
- 4. Visualisation / Meditation
- 5. Idioms

Some useful Links

Watch and read this **full lesson on RELAXING here** https://keithspeakingacademy.com/ielts-speaking-relaxing-lessontopic-vocabulary

Find phrases with any word <u>https://fraze.it</u>

Link to my **Band 7+ course** <u>https://keith-speaking-academy.teachable.com/p/ielts-speaking-success-get-a-band-7?src=LiveJUNE9</u>

Improve your Pronunciation for IELTS with this app - ELSA http://bit.ly/ElsaxEnglishSpeakingSuccess

An exclusive offer for my students from ELSA: <u>https://elsaspeak.com/inf/englishspeakingsuccess/</u>

Click to get a complete **Mock IELTS** Test. <u>https://takeielts.net/the-path-to-success-in-the-ielts-test/</u>

Use the CODE: **keith10** to get a 10% discount.

Find a teacher on **italki** so you can start practicing all the language you are learning here. Practice is the key! <u>https://bit.ly/IELTSSpeakingitalki</u>

Follow me on **social media** <u>https://www.facebook.com/keithspeakingacademy</u> <u>https://www.facebook.com/groups/KeithIELTSMastermind/</u> <u>https://www.youtube.com/channel/UCiVm8XcbwS8-pcDEa5IFXIA</u>

Relaxing Activities

Below we have some activities that can be relaxing.



- 1. Going to the gym / hitting the gym / working out at (in) the gym
- 2. Watching (live) sport / movies
- 3. Reading
- 4. Playing games / Doing some exercise / Playing with the family / Going outdoors
- 5. Going on holiday / chilling on the beach
- 6. Doing yoga / doing some meditation / doing pilates

IELTS Speaking Vocabulary: Relaxing

When we are not working or studying we can relax, this time can be called:

Free time Leisure time Downtime (U.S.)

Useful adjectives for activities:

Relaxing / calming / soothing Rewarding / satisfying Therapeutic / healing / soothing Enjoyable / pleasurable

Remember, you can make your answers much richer by adding adverbs.

The following adverbs can be used with most adjectives:

- really
- extremely
- incredibly

Useful verbs for activities:

We usually use the verb 'to relax' on its own. We rarely add 'myself' or 'body'. It is possible, but not very normal.

I can relax when I am at home, away from the stress of work. I like to relax and go swimming. Swimming helps me relax. We might add 'body and mind' at the end of a sentence, to emphasise the impact on the body and mind.

I find yoga can help me relax my body and mind

This is how we use the verb in a sentence.

I like to relax with + noun

I like to relax with a book / film / coffee / drink

I like to relax by + ING (gerund)

I <u>like</u> to <u>relax</u> by <u>reading</u> a <u>book</u>

Other verbs we use with a similar meaning are;

I like to kick back and relax
I like to chill (out)
I like to mellow out
I often unwind
I love to disconnect
I need to destress

How do you spend your free time?

What do you **get up to** in your free time ? = What do you **do** in your free time?

I like **to dabble in** cooking / painting / craftwork / art = *do an activity for fun*

I'd like to **try my hand at** = to try something new

I recently **took up** = began a new hobby

| am really into = really like

I need to recharge my batteries

I have been spending a chunk (some) of my time doing...

I like to kid around with my friends (=have fun)

To relax (v.)

I feel relaxed (adj.)

Yoga is **relaxing** (adj.)

I used to watch football live, but I <u>went off it</u>, (= no longer like it) so now I watch cricket instead.

Tool box

https://fraze.it

A great tool to find sentences using any word, so you can see how to use a word correctly.

You will see common collocations for that word.

Great for speaking and writing skills.

Speaking Meditation and Visualisation

Click here to experience this meditation / visualisation

Listen to the tree pieces of music and tell us which is the most relaxing and how does it make you feel.

- 1. Know myself
- 2. Caribbean Hide and Seek
- 3. Lights

Idioms to talk about relaxing and free time

To **take the weight off your mind =** to get rid of a problem That conversation with you over dinner really took a weight off my mind

To **blow off steam =** release energy or tension in order to relax (when stressed or angry) *I can blow off steam when I play football on Thursdays.*

To **loosen up** = to relax *I am so tense after that terrible meeting, I need a coffee to loosen up.*

To **let your hair down =** to relax *I am going to let my hair down and go dancing*

To **release** my **pent up energy** = to release tension *I need to go jogging to release this pent up energy*

To **put your feet up =** to relax *I am going to put my feet up and watch a film*

To **take it easy** = to relax I like to take it easy by reading a book

To **while away the time** = to spend time in a relaxed way *I like to while away the afternoon watching Netflix.*