

Live Lesson Notes

Relaxing

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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-lesson-topic-vocabulary>

Find phrases with any word

<https://frazee.it>

Link to my **Band 7+ course**

<https://keith-speaking-academy.teachable.com/p/ielts-speaking-success-get-a-band-7?src=LiveJUNE9>

Improve your Pronunciation for IELTS with this app - ELSA

<http://bit.ly/ElsaxEnglishSpeakingSuccess>

An exclusive offer for my students from ELSA:

<https://elsaspeak.com/inf/englishspeakingssuccess/>

Click to get a complete **Mock IELTS** Test.

<https://takeielts.net/the-path-to-success-in-the-ielts-test/>

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!

<https://bit.ly/IELTSSpeakingitalki>

Follow me on **social media**

<https://www.facebook.com/keithspeakingacademy>

<https://www.facebook.com/groups/KeithIELTSMastermind/>

<https://www.youtube.com/channel/UCiVm8XcbwS8-pcDEa5IFXIA>

Relaxing Activities

Below we have some activities that can be relaxing.

1



2



3



4



5



6



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 like to relax **by** reading a book

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*

I **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 **went off it**, (= *no longer like it*) so now I watch cricket instead.

Tool box

<https://fraise.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 three 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.