



Live Lesson Notes

Leisure Activities

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Some useful links

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Warm Up

Which leisure activities are most popular in your country?

Going for a picnic

Doing sports

Hiking

Hanging out

Going out to the restaurant

Going out and have a coffee

Going out for a coffee

Eating out

Watching football with friends

Watching movies

Playing golf / football / ping pong

Doing yoga / pilates / karate / aikido

Going to the park

Going camping

Having a chinwag (a chat) with friends

Going shopping (retail therapy)

Listening Quiz

Listen to the following people talk about their leisure activities.

Which leisure activity is she talking about?

1. Alice <https://soundcloud.com/keithohare/alice-leisure>

a) She is talking about _____

Listen again and try to fill in the gap:

b) I can get a bit _____

2. Archie <https://soundcloud.com/keithohare/archie-leisure>

Which leisure activity is he talking about?

a) He is talking about _____

Listen again and try to fill in the gap:

b) It does me the _____ of good

3. Brian <https://soundcloud.com/keithohare/brian-leisure>

Which leisure activity is he talking about?

a) He is talking about _____

Listen again and try to fill in the gap:

b) Around the _____

4. Glenda <https://soundcloud.com/keithohare/glenda-leisure>

Which leisure activity is she talking about?

a) She is talking about _____

Listen again and try to fill in the gap:

b) I can just _____ away the hours

5. Paddy <https://soundcloud.com/keithohare/paddy-leisure>

Which leisure activity is he talking about?

a) He is talking about _____

Listen again and try to fill in the gap:

b) It helps me switch off and _____

Answers and scripts at bottom of PDF

IELTS Speaking Vocabulary: Leisure Activities

1. Expressing Likes

I like doing yoga OR I like to do yoga???

Actually, both are correct!

But there is a slight difference or nuance in meaning:

I like **doing** yoga (focus on action or experience)

I like **to do** yoga (focus on a preference or habit)

I like doing yoga after work

I like to do yoga once a week

I like doing it in the park, around dawn time when there is no one around

2. To **stretch** (v.) /stretʃ/

= to extend your body

She yawned and stretched her arms.

*It helps me stretch, breathe, and feel more **relaxed**.*

I'm going to stretch my legs

= (idiomatic) to have a break (from a long activity)

Similar words

Straighten

Straighten out

Collocation

To do some stretching

= warming up for an activity

3. To disconnect /ˌdɪs.kəˈnekt/
= to relax (idiomatic)

It's my favourite way to disconnect

Similar words (idiomatically)

To switch off
To unwind
To wind down
To take it easy
To chill

4. Low-budget (adj.). /ləʊˈbʌdʒ.ɪt/
= involves small amount of money, cheap, not expensive

It's a low-budget activity, as all you need is a pair of shoes.

Similar words

Affordable
Inexpensive

Antonyms

Pricey
Costly

Collocations

_____ activity
_____ holiday

5. Time-consuming (adj.) /'taɪm.kən'sjuː.mɪŋ/
= something that takes up a lot of time

It's a very time-consuming activity, but one I love.

Collocations

_____ job

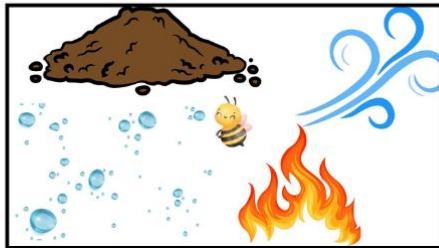
_____ process

_____ task

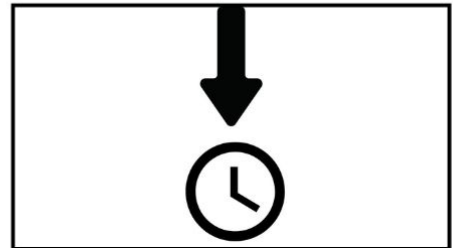
IELTS Speaking Idioms: Leisure Activities

Can you guess these idioms?

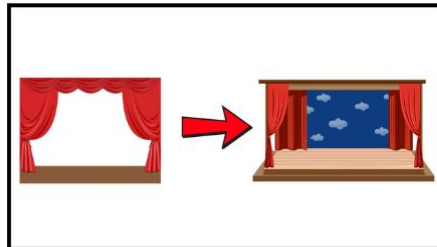
1



2



3



Answers at bottom of PDF

ANSWERS

Listening Quiz

1. Alice

YOGA

I can get a bit self-conscious

I usually do this activity on the weekend. If it's sunny, I like doing it in the park, around **dawn** time when there is no one around, as I can get a bit **self-conscious**. But sometimes I just do it at home. It helps me stretch, breathe, and feel more relaxed. It's quiet, and I do it alone although I know some people prefer to do it with a group. I enjoy it both **indoors** and **outdoors**.

2. Archie

KARAOKE

It does me the world of good

= it makes me feel very good, it's beneficial for me.

I really enjoy this activity, it's really just about **getting together** with a friend. We sometimes meet up at someone's house or at a café, talk for hours, maybe tell a joke or two. Inevitably, someone will have a funny **anecdote** (=short story) to share. But my favourite moment is when we get the **microphone** out and start to **blast out** (=play loudly) our favourite **tunes** (=songs, melodies). It's my favourite way to **disconnect** (=to unwind, relax) and I really feel **it does me the world of good**.

3. Brian

WALKING

Around the **block**

To walk around the block = to take a short walk around the neighbourhood.

When I feel stressed or tired from work, I do this to clear my head. I just put on my **trainers** (=running shoes) and start. I don't go too far, just once or twice **around the block** usually. The fresh air really helps, and I always feel more peaceful afterwards, on top of that it's a low-budget activity, as all you need is a pair of shoes.

4. Glenda

KNITTING

I can just **while** away the hours

= To spend a long time doing something without realising it.

I **while away the** days/ the hours / the evenings **watching TV.**

This is something I picked up from my grandmother. It's a quiet activity, and I usually do it in the evening while listening to music or watching TV. Some days, I can just **while away the hours** doing it, as it's a very time-consuming activity, but one I love. Sure, you need focus and patience, but it helps me concentrate. I make **scarves** and sometimes give them to friends.

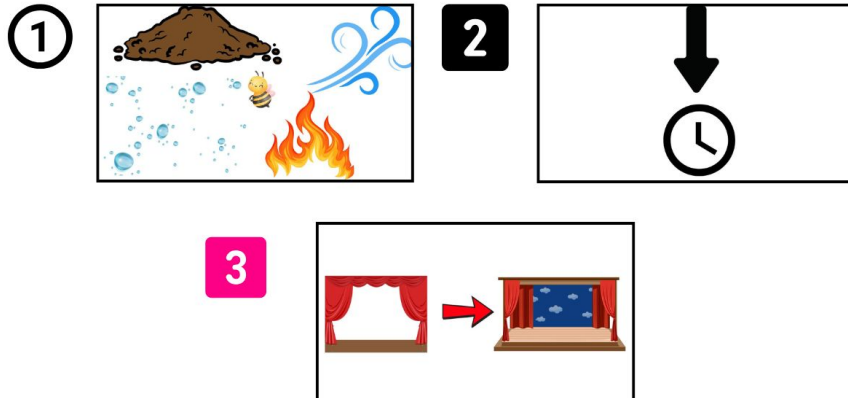
5. Paddy

WATCH TV SERIES

It helps me switch off and **unwind**

After dinner, I often sit down in front of the screen and turn it on. I choose a new episode and keep watching until I feel sleepy. Sometimes **I lose track of time!** I know it's not the healthiest habit, but it helps me switch off and **unwind** (=relax) after a long day.

IELTS Speaking Idioms: Leisure Activities



1. To be in your element

= to feel very comfortable and happy doing something you enjoy

*I'm **in my element** when I'm painting; it's so relaxing.*

2. Down time

= Time when you are not working and can relax

*I use my **down time** to catch up on reading or watch a series.*

*I have some **down time** at the weekend and I usually spend it with my family.*

3. A change of scene

= Going somewhere different to refresh your mind or break routine

*We went to the countryside for a **change of scene** and it really helped me relax.*