

**1. Match the paragraphs in column A with the main ideas in column B.**

Column A	Column B
Paragraph 1	a) Hobbies may ward off depression.
Paragraph 2	b) Hobbies give you permission to take a break.
Paragraph 3	c) Hobbies are necessary for a healthy life.
Paragraph 4	d) Hobbies create healthy social relations.
Paragraph 5	e) Scientists advise people to take up a hobby to have a happy life.
Paragraph 6	f) Hobbies are a great stress reliever.

**2. Write T (true) or F (false) next to each statement.**

- a) Hobbies help people renew themselves in hectic everyday routines. ☐
- b) Taking up solitary hobbies may push people more towards loneliness. ☐
- c) A hobby that a person takes pleasure in doing has a positive effect on their body. ☐
- d) Overcoming depression is only possible through having hobbies and leisure time activities. ☐