Free time: relaxation and leisure

VOCABULARY PRACTICE
INTERMEDIATE | B1-B2

Name: _____ Date: _____

1 Tick the correct category for each leisure word.

Word | Activity | Feeling | Time period | Verb phrase

1 downtime [ ] [ ] [ ] [ ]
2 rejuvenated [ ] [ ] [ ] [ ]
3 wind down [ ] [ ] [ ] [ ]
4 pursuit [ ] [ ] [ ] [ ]
5 fulfilled [ ] [ ] [ ] [ ]
6 indulge in [ ] [ ] [ ] [ ]
7 sabbatical [ ] [ ] [ ] [ ]
8 burnt out [ ] [ ] [ ] [ ]

2 Correct the mistake in each sentence.

1 I like to wind down of the evening. _____
2 She indulges on long baths. _____
3 He feels rejuvenate after a holiday. _____
4 We took a sabbatical of six months. _____
5 I feel fulfilled with my hobbies. _____
6 She pursuits painting seriously. _____
7 He was burnt out from work too much. _____
8 We need some downtime of the weekend. _____

3 Choose the more suitable description.

1 For quiet time with no obligations: downtime / overtime.
2 For feeling refreshed and full of energy again: rejuvenated / exhausted.
3 For an activity someone takes seriously as a passion: pursuit / chore.
4 For exhaustion from long-term stress: burnt out / well-rested.
5 For a long break from work, often for personal projects: sabbatical / shift.
6 For enjoying something freely, without guilt: indulge in / avoid.

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4 Complete the profiles with words from the box.

burnt out | downtime | fulfilled | indulge in | pursuit | rejuvenated | sabbatical | wind down

Profile A: After months of feeling 1 _____ from overwork, Tomas took a three-month 2 _____ to travel and reset.
Profile B: Every evening, Mia likes to 3 _____ with a book, giving herself real 4 _____ before bed.
Profile C: Painting has become a serious 5 _____ for Leo, and he feels genuinely 6 _____ whenever he finishes a new piece.
Profile D: Once a month, Sara likes to 7 _____ a spa day, which always leaves her feeling 8 _____.

5 Read the text and answer the questions briefly.

The value of doing nothing

Many people feel guilty about unstructured downtime, believing that free time should always be productive. Psychologists argue, however, that regular periods of true rest, without any goal or achievement attached, are essential for preventing burnout and maintaining long-term wellbeing. Constantly filling leisure time with self-improvement activities can, paradoxically, leave people feeling just as exhausted as overwork. Experts recommend building small pockets of genuinely unstructured time into each week, rather than treating rest as something to be earned only after every task is finished.

1 What do many people feel guilty about? _____
2 What do psychologists say true rest is essential for? _____
3 What can constantly filling leisure time with self-improvement cause? _____
4 What do experts recommend building into each week? _____
5 How do some people treat rest, according to the text? _____
6 Is unstructured downtime considered unproductive by psychologists? _____

6 Rewrite each phrase using the word in capitals.

1 She relaxes before going to sleep. WIND _____
2 He felt refreshed after the trip. REJUVENATED _____
3 I allow myself a long bath sometimes. INDULGE _____
4 He was exhausted from overwork. BURNT _____

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OVER TO YOU

Write a 100-120 word account of how someone can avoid burnout and make the most of their leisure time. Include specific activities and habits.

[ ] Use at least ten target expressions. [ ] Include polite, precise wording. [ ] Organise the account clearly.

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ANSWER KEY

1 Categories

1 Time period 2 Feeling 3 Verb phrase 4 Activity 5 Feeling 6 Verb phrase 7 Time period 8 Feeling

2 Corrections

1 wind down in the evening 2 indulges in long baths 3 feels rejuvenated 4 a six-month sabbatical
5 fulfilled by my hobbies 6 pursues painting seriously 7 burnt out from overworking 8 downtime at the weekend

3 Suitable descriptions

1 downtime 2 rejuvenated 3 pursuit 4 burnt out 5 sabbatical 6 indulge in

4 Profiles

1 burnt out 2 sabbatical 3 wind down 4 downtime 5 pursuit 6 fulfilled 7 indulge in 8 rejuvenated

5 Reading - suggested answers

1 Unstructured downtime / that free time should always be productive.
2 Preventing burnout and maintaining long-term wellbeing.
3 Leave people feeling just as exhausted as overwork.
4 Small pockets of genuinely unstructured time.
5 As something to be earned only after every task is finished.
6 No.

6 Rewriting - possible answers

1 She winds down before going to sleep. 2 He felt rejuvenated after the trip.
3 I indulge in a long bath sometimes. 4 He was burnt out from overwork.

Over to you

Answers will vary. Check range, respectful register and clear organisation.