

Vocabulary and listening

Balancing work and life

1 What do you do when you aren't working? Make a list of what you do in your free time. Who do you do it with? Where? Tell the class.

go on social media go for a run watch TV sing in a choir

2 Work with a partner. Look at the activities in the box. Match them with the photos.

knit or sew	do yoga	go camping
go to the gym	play squash	play computer games
go shopping	do water sports	go horse riding
do DIY	cycle	go jogging

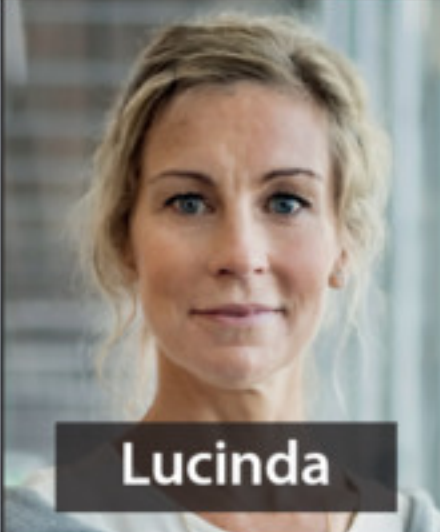
3 Which of them ...

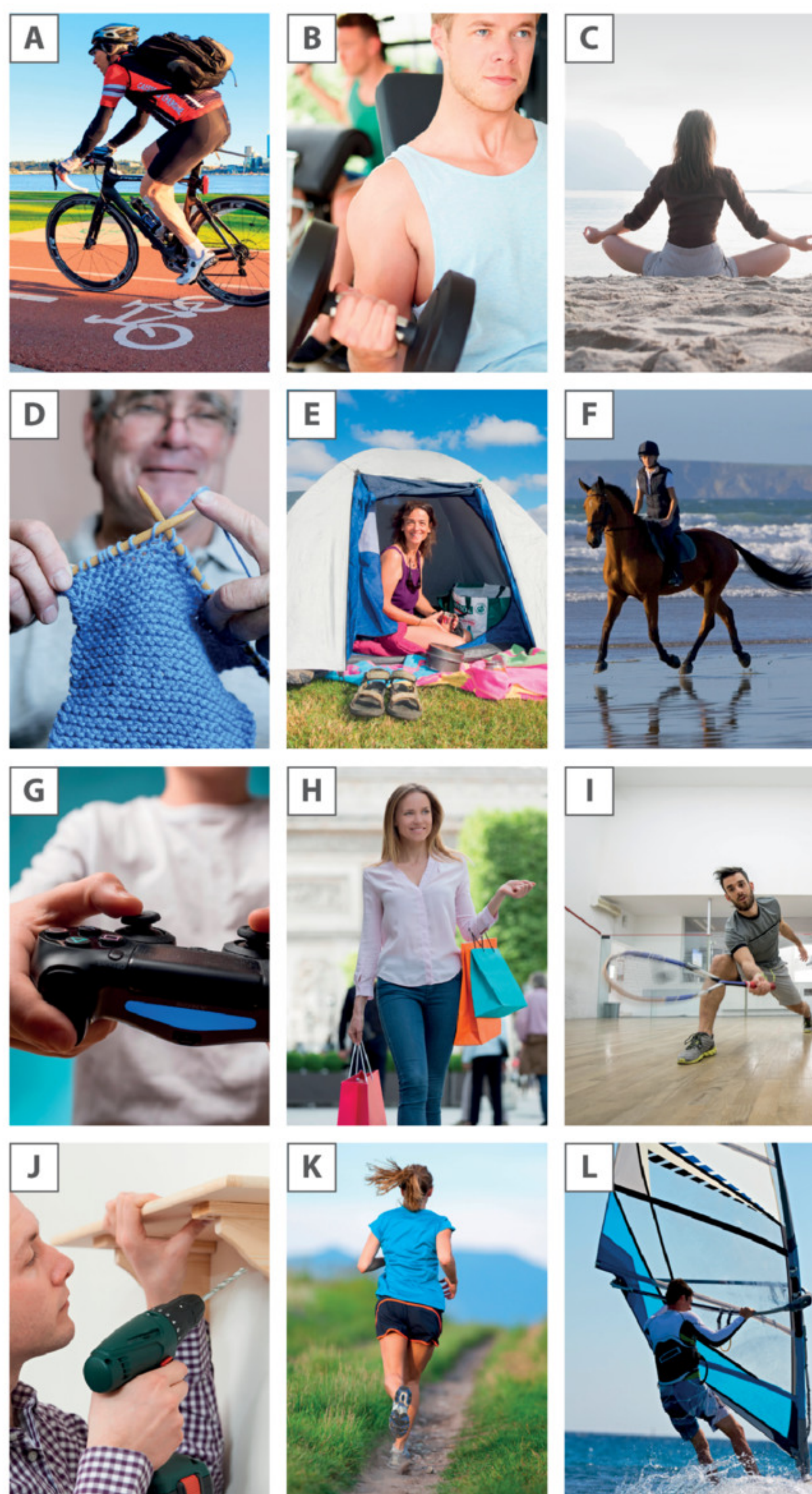
- do you do alone/with other people?
- do you do indoors/outdoors/in a special place? Where?
- need special clothes or equipment? What?
- do you like doing?

4 Which of these things go with the activities in exercise 2?

a helmet	the sales	a surfboard	shorts
a drill	a saddle	a store card	a tent
meditation	needle and thread	a tracksuit	a racket
a screen	a sleeping bag	a headset	a wet suit
trainers	a screwdriver	a mat	

5 3.9 Listen to three members of the **Baines** family talking about balancing their work and leisure activities. Take notes about them as you listen.

Name			
Work			
Leisure activities			
Why they do them			



Talking about you

Talk to each other about your work-life balance and the work-life balance of others in your family.

Go online for more vocabulary practice

6 Work with a partner and compare your notes.