

Lesson - 9

Proper use of Leisure Time



What do you all do after returning home from school ? What do you all do during day time when the school is closed? Have you ever played games like marble, frog jump, ludo, chinese checker, carrom and football or any other games and sports?



You may not have played some of these games. But, you may have played many other games. Some old games get lost as time passes. You forget those games and start playing some new games. One thing you all must have assumed that playing games keeps our mind happy and our body fit and healthy. It increases harmony among friends too.

➤ Now, say something about the usefulness of games and sports

Find out from the elders and write-

- The games they played in their childhood (The games which are not played nowadays)
- The names of the games played at present (The games that were not played before)

The spare time that you get after doing your own work is called **leisure**. Most of you pass your spare time by playing games. Let us now talk of some works that we can do during our leisure. Do you read any other books apart from your text books when you stay at home? For example- storybooks, travel stories, pictorial books and magazines, etc,. Have you ever read the children's section in the news papers? You can learn many things by reading them in your spare time. You can read books and magazines from the libraries also if you don't have them at home.



- Write the name of an Assamese news paper that you know.....
- Write the name of a story book you have read.....

Do you draw pictures? It is also a good means of passing time. Some of you may compose small poems also. Some of you may sing songs too. Do you have the experience of making toys or other things with mud? Such type of work helps in developing our creativity. It also develops our self confidence. All these are activities that we can do during leisure or spare time.



- Prepare a list of all your leisure time activities that you do during your holidays.

Morning	Noon	Afternoon	Night



Some other interesting and necessary work can be done during leisure. For example- helping your parents in household chores, writing letters to distant friends and relatives, talking over telephone and mobile phone to know their well-being, keeping your belongings in the right place, planting of

saplings, taking care of flowers in the garden etc.

Some programmes for children are broadcasted on radio. You can enjoy these programmes. You can learn many new things from the radio. Some programmes are telecast for children on television also. A programme like Quiz is very popular among all nowadays. Quiz enriches our store of knowledge. It is good to watch these programmes during our leisure. Listening to Radio and watching Television are also good leisure activities.

Nowadays children also spend their spare time watching cartoon movies on the television. Watching television from close might damage the eyes. Similarly some children waste their time by playing games or by watching videos on the mobile phone. All these not only damage the eyes but also affects the health of the children.



Let's learn

- ✧ We can communicate with one another with the help of letters, telephone, mobile phone. We can get many national and international information by reading newspapers, listening to a radio and watching television. All these are mediums of communication.
- ✧ Mail is another important medium of communication. We can send letters, money and other important parcels through mail.
- ✧ Telephone and mobile phones are quick and modern modes of communication. We can communicate and talk with anyone from anywhere in this world with the help of telephone and mobile phone.

Let's make a Greeting card-

Nowadays greeting cards are sent to friends and other relatives on the occasion of birthdays, new year and festivals. The cards will look very beautiful if impressions are added to them.-

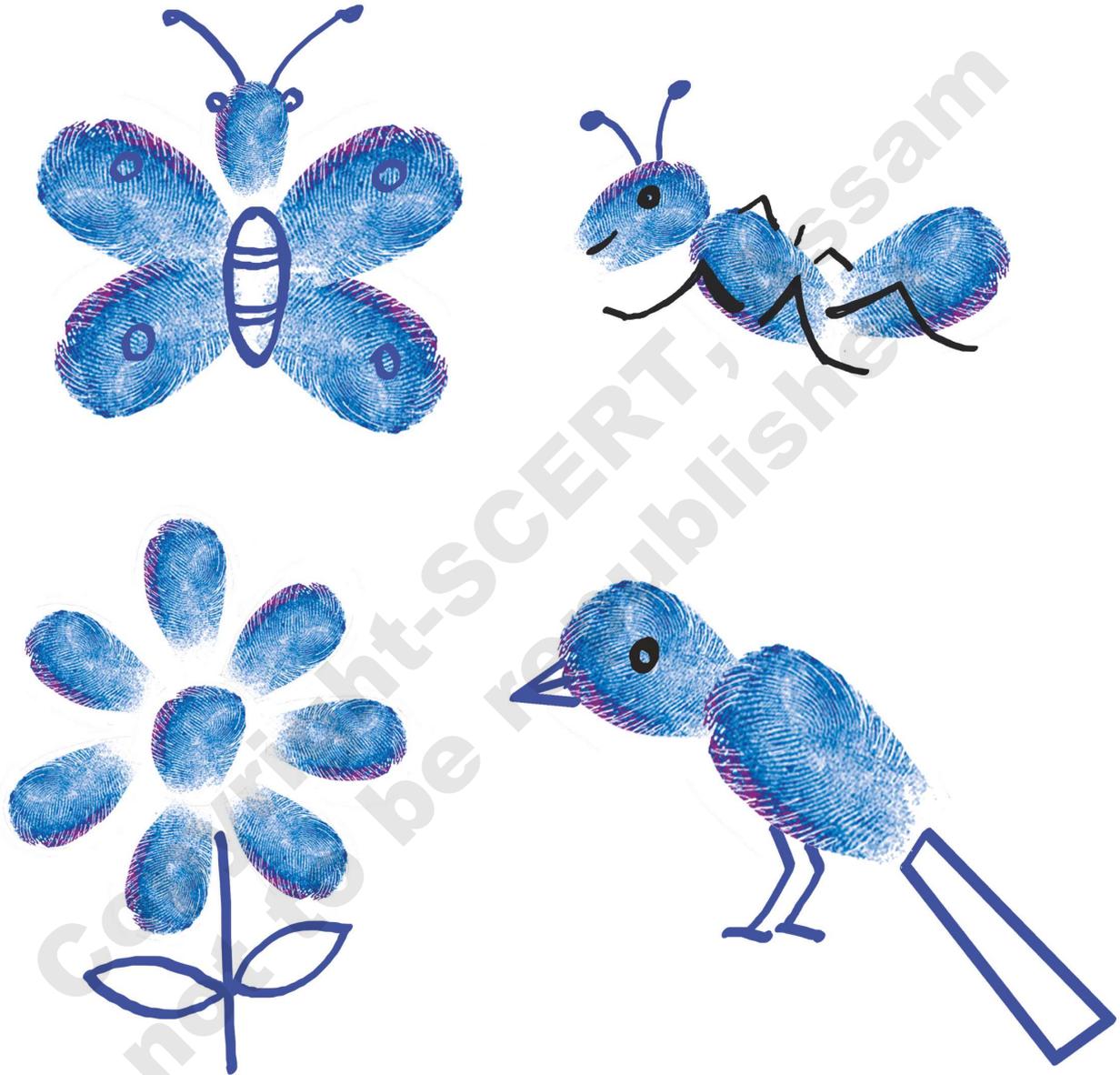
➤ Say what else can we do in our leisure time.

- ✧ Work done in leisure time gives us happiness.
- ✧ We can learn lots of new things by reading books and magazines.
- ✧ A lot of information can be achieved by reading newspapers.
- ✧ The children's programmes broadcasted on radio or telecasted on television can be enjoyed during leisure.
- ✧ Activities like composing poems, drawing pictures, singing songs, dancing, learning to act, etc develop our human qualities.
- ✧ Many things can be learnt through travelling during leisure.



Activity-

- Let's take a sheet of white paper.
- Make some thumb impressions on the paper with ink.
- You can draw many pictures as shown in this page with thumb impressions.



We always get some spare time after doing our regular work, which is known as leisure. We can enjoy this spare time doing some work that we like. It not only benefits us but also increases our interest towards work. Such time should not be wasted. We get a lot of benefit as well as amusement by doing our favourite work during leisure. It is therefore said '**Time is precious**'.

Exercise

1. Write the answers:-

- (a) Write the name of a book you read during leisure.
- (b) Write the name of two games you like.
- (c) Write the name of a famous player of Assam and the games/sports he/she played.
- (d) Write the name of a children's magazine you know.
- (e) Write the names of some games/sports you play.
- (f) Write the names of two mediums of communication.

2. Tick '✓' the correct answer-

- (a) Activities done during leisure give us pleasure.
- (b) Many things can be learnt through travelling during leisure.
- (c) Books cannot be borrowed from the libraries to read at home.

3. Fill in the blanks-

- (a) Time is.....
- (b) Time should not be..... in vain.
- (c) Many new..... can be learnt by reading newspapers.
- (d) The spare time one gets after doing one's own work is.....

4. Write a few sentences on the benefit of reading newspapers, magazines etc.

5. Discuss in groups and write at least two sentences on the following topics.

- (a) Games and sports
- (b) Newspapers
- (c) Radio
- (d) Mobile phone

