







กิจวัตรประจำวันและกิจกรรมยามว่าง เป็นส่วนหนึ่งในการดำรงชีวิตอย่างมีคุณค่า เสริมสร้างความรับผิดชอบ การตรงต่อเวลา การรักษาสุขภาพ ความตระหนักรู้ ตลอดจนสัมพันธภาพระหว่างบุคคล การเรียนรู้คำศัพท์ สำนวน โครงสร้างทางภาษาที่ใช้ในการสื่อสาร สนทนา จะช่วยสร้างมิตรภาพ แลกเปลี่ยนเรียนรู้ได้อย่างราบรื่น และเหมาะสม

- 1. คำศัพท์ สำนวน โครงสร้างภาษา เกี่ยวกับกิจวัตรประจำวันและกิจกรรมยามว่าง
- 2. บทสนทนาเกี่ยวกับกิจวัตรประจำวันและกิจกรรมยามว่าง
- 3. การใช้ like/would like
- 4. เรื่องเกี่ยวกับกิจวัตรประจำวันและกิจกรรมยามว่าง

# เมื่อศึกษาบทเรียนนี้จบแล้ว ผู้เรียนสามารถ

- 1. บอกคำศัพท์ สำนวน โครงสร้างภาษา เกี่ยวกับกิจวัตรประจำวันและกิจกรรมยามว่างได้
- 2. สนทนาเกี่ยวกับกิจวัตรประจำวันและกิจกรรมยามว่างได้
- 3. เขียนประโยค การใช้ like/would like ได้
- 4. เลือกใช้ภาษาในการสนทนาเกี่ยวกับกิจวัตรประจำวันและกิจกรรมยามว่างได้อย่างสุภาพและเหมาะสม
- 5. ตระหนักรู้คุณค่าการใช้เวลาให้เป็นประโยชน์ การตรงต่อเวลาและความรับผิดชอบ
- 6. สรุปใจความสำคัญจากเรื่องที่อ่านได้



# 1. Getting Start

Like is used to express about interest or positive feeling.

Would like is often used to express a desire or what you want to do in a polite way.





# 2. Vocabulary



These activities maybe your daily or leisure activities or both.

Write them under the headings. You can add more.

Daily activities	Leisure activities	Both

Note	Leisure activities	Daily activities		
	are often done in fr	ee time for relaxation	n or enjoyment.	
	are necessary for m	anaging everyday lif	e.	

brushing teeth
eating breakfast
commuting to work
watching TV. or a movie
surfing the internet
spending time with family
gardening
preparing meals
doing housework
doing housework playing volleyball
playing volleyball
playing volleyball cooking something new

# 2. Vocabulary



playing volleyball	preparing meals	exercising	surfing the internet	doing housework
spending time with family	watching TV	going for a walk	gardening	going shopping

# Practice

























#### B. Complete the sentences by using the words given.

1.	G	oin	g to	the	gym	is a	leisur	e activ	vit:	y that	t make	you	stay	fit and	 
_	_														

- 2. Painting in your free time is an activity for your ...... and ...... and ......
- 3. Empty the wastebasket and mop the floor are ...... doing tasks.
- 4. You can buy grocery by going to the store or ...... online.
- 5. My favorite ..... is online shopping.
- 6. My friends and I like ..... time together.
- 7. My leisure activities are reading, ...... to movies and ...... with friends.
- 8. I often help my mother sweep and ..... the floor.

relaxation	ordering	going	mop	housework
enjoyment	talking	healthy	spending	hobby





### C. Match each kind of activities with the related headings.

f	1. socializing	a. tidying up living areas
	2. gardening	b. enjoying a book
	3. organizing	c. washing clothes
	4. shopping	d. mopping floors
	5. reading	e. repairing around the house
	6. sports and fitness	f. spending time with friends
	7. laundry	g. playing tennis
	8. cooking	h. going to the store or ordering online
	9. cleaning	i. preparing meals
	10. home maintenance	j. watering plants





### D. Match the verbs with the appropriate nouns.

g	1. cook	a. TV show
	2. make	b. the living room
	3. surf	c. the shopping
	4. mop	d. the clothes
	5. wash	e. the bed
	6. watch	f. the internet
	7. brush	g. the meals
	8. do	h. the floor
	9. iron	i. the dishes
	10. dust	j. the teeth





### E. Here are some common verbs used with leisure activities and daily activities.

1. relax	6	view movies for entertainment
2. wake		engage in physical activity for health
3. cook		get out of bed in the morning
4. socialize		spend time with friends for enjoyment
5. wash		take a break from stress
6. watch		put on clothes
7. play		prepare meals
8. listen		engage in games or sports
9. dress		tidy up or remove dirt
10. exercise		enjoy music

# 2. Vocabulary



# **Practice**

#### F. Complete the sentences with the appropriate verbs.

	relax	exercises	cooks	socialize	clean
1. On weeken	ds, I often		the house to	keep it tidy	
2. Ann loves to	0	with her frie	ends at Mon	no Café on v	veekends.
3. After a busy	y day, Mena	likes to	herse	elf by doing	yoga.
4. Bella usuall	y	for about	15 minutes	after work.	
5. My mother		dinner fo	or our family	y every day.	
What would	you like to	do in the eve	onings?		
What Would	you like to t	io in the eve	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		
What do you	like to do o	n weekends	······································		•••••
what do you	i like to do o	ii weekends	•		

#### A. Listen and Watch

- What does James do on his weekends?
- · What does Tik do on Fridays?

#### 3. Conversation



#### B. Complete the conversation with the given words and answer the questions.

prepare	gym	spend	typical	weekends
relaxing	busy	commute	walk	housework

James: Hello Tik! What's your ...... weeks like?



Tik: Well, on Mondays through Fridays I ..... to work.

James: And what about the .....?

Tik: On Saturdays I ...... meal, do the ...... I go shopping in the afternoon.

James: Oh! That's a ...... day. How about Sunday?

Tik: In the morning, I go for a ...... and ..... time with my family in the afternoon. What about your weekends?

James: I go to the ...... and hang out with my friends.

Tik: That sounds .....

# 3. Conversation



1.	What does Tik do on Mondays through Fridays?
2.	Does she do the housework on Tuesdays?
3.	When does she go shopping?
4.	Is Sunday the weekday or the weekend?
5.	What does James do on his weekends?
6.	Does Tik go to the gym on Saturdays?

Now	a	bout	vom	rself.
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•	What do you do on the weekends?
	What do you do for the housework?

# 3. Conversation



#### C. Complete the conversation.

	sometimes visit the weekend market	That's awesome!	
How do you usually spend		I usually spend my weekends cycling	

Noina: ...... your weekends?

Lisa: I like to see movies or .....

**Noina:** That sounds fun. ...... or cooking new recipes.

Lisa: I'd love to try some.



### 3. Conversation



#### Complete the sentences.

There are activities mention	ed in the conversation. They are,
and	Noina loves to and sometimes
she likes to Lisa enjoys	or

- D. Practice the conversations B and C.
- E. Work in pairs. Write your own conversation about daily and leisure activities with your friend and practice it.





F. Give information about daily and leisure activities. You can use the structure given.

Hello, I'm I'd like to talk about my typical weekdays and weekends.
Well, on Mondays through Fridays I On Saturdays I and
and on Sundays I and

# 4. Language Spots



#### Like and would like

Like is used to express about interest or positive feeling.

I	like	spending my weekends cooking new recipes.
	love	going to the gym on my weekends.
	enjoy	preparing meals for my family.
Не	likes	to play video games.
	loves	to relax himself watching TV.
	enjoys	to shop online.

# 4. Language Spots



#### Like and would like

Would like is often used to express a desire or what you want to do in a polite way.

I	would like	to work on computer.	
Anna	would like	to do the washing on Sundays.	5
Smith	would like	to travel around the world.	

# 4. Language Spots



#### **Practice**

#### A. Complete the sentences with like or would like.

- 1. I ..... cycling because it keeps me fit.
- 2. Aree ..... to go for a long ride this Saturday.
- 3. Do you ...... playing soccer? I ..... to play after school.
- 4. We ...... playing computer games in our free time.

# 4. Language Spots



#### Practice

В.	Rearrange	these	words	into the	correct	sentences.
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1.	would like / Sue / to / shopping / go / on Sundays	4.	Tim / go / likes to / cyclin

- We / the internet / like / free time / surfing / in our
- We / the swimming pool / to / like / go / to / every weekend.

- to / cycling / weekends / his / on ............
- Sunisa / playing / video games / likes



### 5. Reading



#### A. Read the passage.



#### **Good Activities for Good Health**

Daily and leisure activities play important roles in our lives. Daily activities, such as housework, maintain our routines and fulfil responsibilities.

On the other hand, leisure activities are vital for our well-being and personal fulfilment. They not only help with relaxation and social interaction but also enhance our mental health, reduce stress and foster connections with others.

Balancing daily and leisure activities is important for a well-rounded life. While daily tasks are a useful for work, leisure activities improve your physical and mental health.

Therefore, these two activities will make your life easier to stay active and maintain healthier lifestyle. Good activities make good health.





### B. From the passage, match the words with their meanings.

f	1. organized	a. happy feeling
	2. responsibilities	b. living in a way that makes your body and mind better
	3. well-being	c. the state of mind and emotions
	4. mental health	d. feeling good
	5. housework	e. completing something
	6. satisfaction	f. keeping thing in order
	7. fulfilment	g. things you do regularly
	8. stay active	h. to keep moving
	9. healthier life	i. things we must do
	10.routine	j. cleaning and cooking

# 5. Reading



#### C. Complete the sentences.

relax	reduce stress	organized	active	mental health
housework and	well-being	responsibilities	cycling and	personal
gardening			jogging	happiness

	1.	Housework keeps us	and meet	our
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- 2. Leisure activities help us ....., improve ...... and .......
- 3. Leisure activities enhance ......
- 4. Daily and leisure activities keep you ......, promotes mental and physical .....
- 5. ..... are daily chores while ..... are leisure activities.









A. Complete the vocabulary map about activity group with phrases given. Add two more activities.

	Activities			
	1			
Daily activities		Leisure activities		







# B. Work in pairs. Write your schedules typical weekends activities. Then discuss with your friend.

Day	Activities
Saturday morning	prepare breakfast, do the washing
Saturday afternoon	watch the series
Sunday morning	
Sunday afternoon	



# Start like this:

A :	What's your typical weekends like?
B:	Well, I prepare breakfast on Saturday morning and do the washing in the afternoon.
A:	
B:	
A:	
B :	

