

ਮੱਤੀ ਵਾਲਿਆਂ ਦਾ IELTS ਸੈਂਟਰ

HIMANSHU EDUCATIONAL HUB

Near Kabir Ashram, Budhlada-151502 Distt. Mansa (Pb)

Mob. :- 92591-00009, 98095-60009

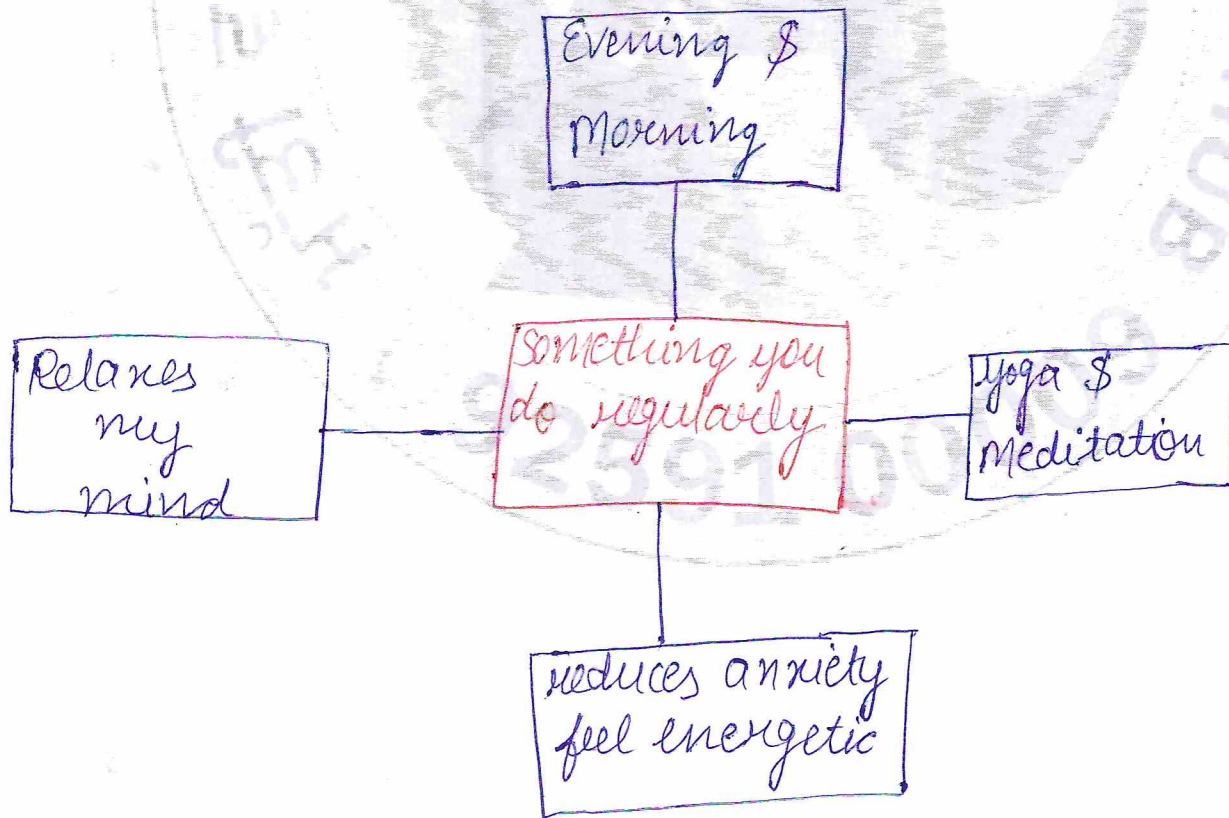
4. Describe something you do regularly that helps you work and study better.

(a) What it is

(b) when you do it

(c) How it helps you

(d) And explain ^{how} you feel when you do it



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VOCAB

- 1) Positive Optimistic
- 2) Mindfulness Being Aware in present
- 3) Energetic Enthusiasm
- 4) focus Concentrate
- 5) Enjoyable Delightful
- 6) Stress buster Relaxing

Idioms

- 1) full of Beans Energetic
- 2) To have a whale of time enjoyable time
- 3) Hale and hearty healthy
- 4) To slow down Relax
- 5) To switch off to totally relax

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SAMPLE

Well, I engage in number of activities throughout my day like a morning walk, meditation and yoga but here I would like to talk about a particular activity that I do on a regular basis that helps me in my work as well as to study better. This activity is none other than walk. I prefer this activity twice a day, once in the morning and then in evening. I prefer to do walk with my mother in the park which is a stone's ^{throw} away from my abode. When I perform this activity in morning, I enjoy to listen chirping of the birds. I feel very relaxed whenever I do walk, I forget about my worries for a short period of time. I recommended walk to my friend who was unable to concentrate on their studies, when he went for a walk he was able to achieve good academic score. Apart from this, walking is a stress buster for me. After doing walk I feel recharged. All in all, this activity helps me in my work as well as my studies.

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FOLLOW-UP

① Do you think everyone's routine is different?

Absolutely, everyone's routine is unique. Everyone performs different tasks according to their needs and priorities. I believe that, people who are working as well as studying follow a hectic schedule but children have a lot of leisure time.

② How do people organize their routine after getting up in the morning and after work?

People manage their routine according to their kind of task they perform. After getting up in the morning, people often start by doing some self-care activities. But after work, they have leisure time. Some people might engage in their hobbies or activities they enjoy as well as spend quality time with their family.

③ What is routine of people in your country?

Well, in my nation, individuals are well managed and know the value of time. So, they particularly follow a specific routine. Most people do 9 to 5 job and after job they perform activities as well as spend time with their family members.

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4) What do you like to do in your spare time?
In my free time, I do a number of activities according to my preference. Sometimes, I prefer to listen to music in order to relax my mind. Apart from this, I watch movies or spend time with family members. Moreover, sometime I prefer to scroll social media.

5) Do you think children need to have a routine too?
As per my perception, children should have a daily routine because it is beneficial for them. By making a time schedule, children can give specific time to every activity and also learn about time management. Apart from this, children can complete their work before deadline.