



Episode 34: Hobbies & Leisure

Hi! If this is your first time listening to our podcast, this is an opportunity for upper-level English learners to practice listening skills and learn new vocabulary by listening to authentic conversations.

In today's episode Donielle and Khrystyna discuss hobbies - our favorite activities, current trends, and those we would like to try.

Here are some notes about a few of the hobbies that were mentioned and relevant vocabulary:

doing [or putting together] jigsaw puzzles	A puzzle consisting of many small pieces that must be fitted together to form a picture. <ul style="list-style-type: none"> <i>we often use "do" or "put together" when discussing these types of puzzles (I enjoying doing jigsaw puzzles; this was a really difficult one to put together.)</i>
crocheting (pronounced: cro-SHAY-ing) knitting	Crochet: To make fabric using a hooked needle. Knit: To make fabric using two straight needles.
scrapbooking	an activity or hobby where you make a book of memories filled with photographs, notes, and mementos in a creative way.
thrifting	the activity of looking for or buying goods from thrift stores or other places that sell used things such as clothes, books, or furniture. Some examples of these types of places: <i>thrift (or second hand) store:</i> shop selling used clothes and goods <i>garage/yard sale:</i> when people sell from their homes <i>flea market:</i> a (usually) outdoor market with secondhand goods
be into [an activity] get into [an activity]	be very interested in or passionate about [doing] something <ul style="list-style-type: none"> <i>I know a lot of people who are into crocheting.</i> develop an interest in something <ul style="list-style-type: none"> <i>I've really gotten into jigsaw puzzles lately.</i>

You can also read the [transcript](#) for this episode.

See the following pages for vocabulary and language focus from this episode.



Vocabulary: Words and Phrases Used in the Conversation

stick to [something]	continue doing something or remain committed to a plan or schedule <ul style="list-style-type: none"> • <i>I hope we can <u>stick to</u> 28 days of February, but we'll see.</i>
shatter	break something suddenly into small pieces/break a record by a large margin <ul style="list-style-type: none"> • <i>We <u>shattered</u> records with that snowstorm. The previous record snowfall was 3 inches, and this time we got 8 inches of snow.</i>
cold spell	a short period of unusually cold weather <ul style="list-style-type: none"> • <i>We had a <u>cold spell</u> last week, but now it's quite warm.</i>
heatwave	a period of unusually hot weather <ul style="list-style-type: none"> • <i>It was 62 degrees [Fahrenheit], and people were dressed like it was a <u>heatwave</u>.</i>
bundle up	put on warm clothes to protect against cold weather <ul style="list-style-type: none"> • <i>We are not used to having to <u>bundle up</u> during the winter here in the south.</i>
sleeveless	without sleeves (referring to a shirt, dress, etc.) <ul style="list-style-type: none"> • <i>It was snowing, and I saw someone wearing shorts and a <u>sleeveless</u> shirt.</i>
contrary to [something]	opposite to what is expected or believed <ul style="list-style-type: none"> • <i><u>Contrary to</u> what it may seem, today's topic is not about the weather.</i>
leisure	time spent doing things for enjoyment rather than work. <ul style="list-style-type: none"> • <i>What are your favorite hobbies and <u>leisure</u> activities?</i>
just for the heck of it	for no particular reason; just for fun <ul style="list-style-type: none"> • <i><u>Just for the heck of it</u>, I decided to look up the most common hobbies.</i>
enlighten [someone]	give someone information or understanding about something <ul style="list-style-type: none"> • <i>I'm not sure what this means; maybe you can <u>enlighten</u> me.</i>
cuddle	hold someone or something close in a loving or affectionate way <ul style="list-style-type: none"> • <i>Does that mean <u>cuddling</u> my cats counts as a hobby?</i>
Same.	a casual response meaning "I feel the same way" or "I relate to that" <ul style="list-style-type: none"> • <i>A: I can't just sit still. I always have to be doing something. B: <u>Same</u>.</i>
catch [oneself] [doing something]	suddenly realize you are doing something, often without meaning to <ul style="list-style-type: none"> • <i>I <u>caught myself</u> smiling while planting flowers.</i>
grin	smile broadly; often showing teeth <ul style="list-style-type: none"> • <i>I guess flowers make me happy if I'm <u>grinning</u> while planting them.</i>
I'm "_____ed out"	construction used informally to say that you have had enough of something <ul style="list-style-type: none"> • <i>I thought I'd be <u>traveled out</u> for a while, but 3 weeks later, I wanted to go somewhere.</i>
pick up	phrasal verb with many meanings; in this context: become more intense, frequent, or fast after a slower or less intense period <ul style="list-style-type: none"> • <i>My reading <u>picked up</u> during COVID. Sales had been slow, but they've <u>picked up</u>.</i>
make a comeback	become popular or fashionable again after being out of style <ul style="list-style-type: none"> • <i>Just like crocheting, scrapbooking might <u>make a comeback</u> one day soon.</i>
sleeve	a protective cover for a record or similar item. (e.g. plastic protector for paper in a binder or for a photograph, etc.) <ul style="list-style-type: none"> • <i>here's something satisfying about pulling a record out of its <u>sleeve</u>.</i>

Vocabulary: Words and Phrases Used in the Conversation - Cont'd

bin	a container used for storing or displaying items
flip through [something]	quickly look through a collection of papers or items <ul style="list-style-type: none"> • I used to enjoy <u>flipping through</u> records in a <u>bin</u> at the thrift store.
embrace	accept or adopt something willingly or enthusiastically <ul style="list-style-type: none"> • People are turning away from digital music and <u>embracing</u> records.
vintage	old but valued for its quality or nostalgic appeal <ul style="list-style-type: none"> • I love <u>vintage</u> clothing and furniture.
DIY	stands for: Do It Yourself – the activity of making or fixing things yourself rather than buying them or paying someone to do it for you <ul style="list-style-type: none"> • I watch a lot of the <u>DIY</u> videos on YouTube.
tinker	try to fix or improve something, often casually or experimentally <ul style="list-style-type: none"> • I want to start <u>tinkering</u> with some projects around the house.
taxing	physically or mentally tiring <ul style="list-style-type: none"> • Playing pickleball doesn't seem that <u>taxing</u>, but people still get injured.
demanding	requiring a lot of effort or attention <ul style="list-style-type: none"> • She has a very <u>demanding</u> job, but unfortunately, it doesn't pay well.
dormant	inactive or not being used <ul style="list-style-type: none"> • When you start using muscles that have been <u>dormant</u>, you feel sore the next day.
me time	time spent relaxing and doing things for yourself <ul style="list-style-type: none"> • I love sitting on the porch with coffee and having some <u>me time</u>.
side hustle	a part-time job or project that brings in extra income <ul style="list-style-type: none"> • People keep telling me to sell my baked goods as a <u>side hustle</u>.
fulfill	complete a task or meet a requirement <ul style="list-style-type: none"> • It's no longer relaxing when I have to <u>fulfill</u> an order.
lucrative	describing something that produces a lot of money <ul style="list-style-type: none"> • If you learn how to fix things around the house, that could be a <u>lucrative</u> side hustle.

Groundhog Day

In this conversation, we mentioned a unique and interesting holiday: Groundhog Day. If you're not familiar with this quirky tradition, here's a brief overview:

First things first: what is a groundhog? It is a ground *rodent*, which is an order of mammals that includes mice, hamsters, squirrels, and porcupines. It is also known as a *woodchuck*.

The legend of Groundhog Day: The tradition began on February 2, 1887 when Groundhog Day was first celebrated at Gobbler's Knob in Punxsutawney, Pennsylvania. According to legend, if a groundhog comes out of its hole and sees its shadow, there will be six more weeks of winter weather; if it doesn't see its shadow, there will be an early spring. Every February 2, thousands of people gather to watch the ceremony and enjoy the festivities. The "Inner Circle," a group of important people who care for the famous groundhog known as **Punxsutawney Phil**, lead the formal ceremony. Wearing long coats and top hats, they bring Phil out and speak to him in his native language, "Groundhogese," and then they read from a scroll to inform the crowd whether Phil saw his shadow or not.

Photo credits: Brian E. Kushner (groundhog) Aaron Silvers (ceremony)



Join the Conversation

- What are some of your favorite hobbies? Why do you enjoy them? Which types of hobbies do you tend to prefer: relaxing, active, or creative activities?
- Have your hobbies changed over the years? Are there any hobbies you used to enjoy but don't anymore?
- Is there a hobby you've always wanted to try but haven't yet? What's stopping you?
- Do you think technology has changed how people spend their free time? If so, in what ways?
- What's the most unusual or surprising hobby you've ever heard of? Are there any hobbies common in your culture that some people might find surprising?
- Have you ever thought about turning a hobby into a side hustle or even a career? Do you know anyone who has done this successfully? If so, how did it work out for them?

Thanks for checking out our podcast!

We are enjoying these discussions, and we hope that you are finding them helpful!



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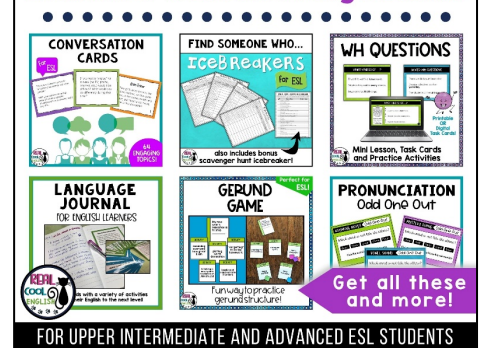
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