



Reading and
writing

Free time activities

A reading and writing
workbook for adults



About this workbook

This 'Free time activities' workbook is for adults who want to improve or practise their reading and writing skills. The workbook was developed for literacy learners and English for Speakers of Other Languages (ESOL) learners at Levels 1 to 2.

Acknowledgements:

Thank you to Angus O' Riordan, experienced literacy tutor and co-founder of esolmaterialsireland.com, for supporting the development of this workbook. Thank you to the students and staff in the Dublin Adult Learning Centre (DALC) for piloting the workbook and for all their valuable feedback.

We would also like to thank students and tutors across Ireland for highlighting the need for this workbook and their ongoing feedback and support.

Published by:

National Adult Literacy Agency (NALA)
Sandford Lodge, Sandford Close
Ranelagh, Dublin 6
D06 YF65

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ISBN 978-1-907171-69-7

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Using this workbook

Welcome to this workbook called 'Free time activities'. In this workbook you can learn words about free time activities and how to use them in sentences. The exercises will help you practise your reading, writing and spelling skills.

You can use the workbook on your own or with the support of your tutor.

We use these symbols to guide you through using this workbook.



Write



Read



Look



Talk



Listen

Need help?

Want to improve your reading, writing, maths or digital skills?

Call the National Adult Literacy Agency (NALA) on **Freephone 1 800 20 20 65** and we can give you information on all the free learning options available.

You can Learn with NALA online or over the phone, or we can give you details of your local Education and Training Board (ETB) or community education centre.

New words

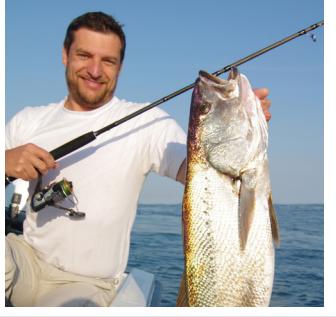


Listen to your tutor say the words on pages 5-9.



Say the words.

Word	Picture
dancing	
shopping	
walking	
exercise	

Word	Picture
yoga	
photography	
cinema	
fishing	
art	

Word	Picture
basketball	
tennis	
computer games	
chess	
puzzles	

Word	Picture
cycling	
cards	
music	
gardening	
football	

Word	Picture
karate	
swimming	
weights	
hiking	
hurling	

Word beats



Listen to your tutor say the words.



Repeat the words and clap out the beats.

• (1 beat)	• • (2 beats)	• • • (3 beats)
cards	dancing (danc-ing) 	exercise (ex-er-cise) 
art	shopping (shop-ping) 	cinema (cin-e-ma) 
chess	football (foot-ball) 	gardening (gar-den-ing) 

How many word beats?



Listen to your tutor say the words.



Repeat the words and clap out the beats.



Put a tick under the correct number of beats for each word.

Word	• (1 beat)	• • (2 beats)	• • • (3 beats)
tennis			
			
art			
			
music			
			
dancing			
			

Word	• (1 beat)	• • (2 beats)	• • • (3 beats)
exercise			
			
football			
			
cycling			
			
yoga			
			
gardening			
			

Matching



Look at the words and pictures below.



Draw a line to match the pictures and the words.

Picture	Word
	fishing
	puzzles
	computer games
	music
	cards

Capital letters



Look at the words below.



Match the words in lower case letters with the same word in upper case letters (capital letters).

Lower case letters	Upper case letters
dancing	ART
exercise	BASKETBALL
swimming	GARDENING
cycling	EXERCISE
gardening	MUSIC
art	SWIMMING
music	CINEMA
fishing	DANCING
basketball	FISHING
cinema	CYCLING

Activity verbs



Listen to your tutor read the sentences in the boxes below.



Repeat the sentences after your tutor.

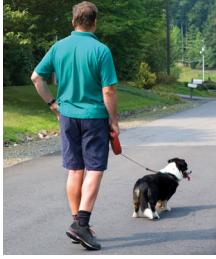
I play	I play
basketball	
tennis	
football	
computer games	
chess	
hurling	
music	
cards	



Listen to your tutor read the sentences in the boxes below.



Repeat the sentences after your tutor.

I go	I go
dancing	
shopping	
walking	
(to the) cinema	
fishing	
cycling	
swimming	
hiking	



Listen to your tutor read the sentences in the boxes below.



Repeat the sentences after your tutor.

I do	I do
exercise	
yoga	
karate	
(the) gardening	
	
	
	
	

Play, go or do?

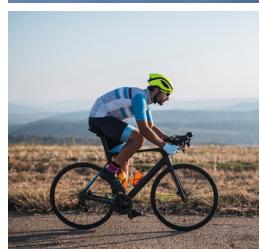


Write **play** or **go** or **do** to complete the sentences.

I play basketball with my friends.



I cycling in the park.



I chess every Saturday.



I hiking in the mountains.



I puzzles with my family.



I exercise five times a week.



Sentence order



Write the sentences in the correct word order. The first one is done for you.

basketball / friends / play / I / my / with

I play basketball with my friends.



cycling / in the / I / go / park



shopping / go / every / I / Saturday



hiking / mountains / go / I / in the



do / family / with my / puzzles / I



cinema / on Friday / night / I / to the / go



Missing letters

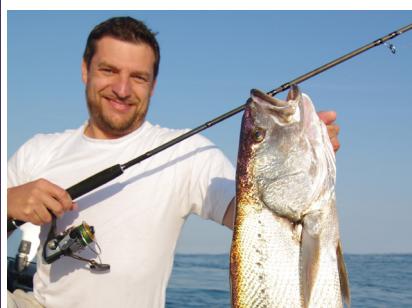
Fill in the missing letters to complete the words.



— — rdening

— — ercise

— — opping



— — shing

— — t

— — sketball



— — mputer
games

— — imming

— — sic

Do you like?



Listen to your tutor read out the questions.



Write your answers as **Yes, I do** or **No, I do not** in the boxes.



Question	Your answer
Do you like to go swimming?	
Do you like to go cycling?	
Do you like to go fishing?	
Do you like to go to the cinema?	
Do you like to play football?	
Do you like to play basketball?	
Do you like to play music?	
Do you like to do the gardening?	
Do you like to do puzzles?	

Likes and dislikes

Read the activity words in the pink box.



Write down the activities you love, like and do not like in the table below.

fishing	art	basketball	tennis
computer games	chess	puzzles	cycling
cards	football	music	gardening
karate	swimming	weights	hiking

I love 	I like 	I do not like 

How often do you...?



Look at the activities in the table.



Circle how often you do the activity in each row.

often	=	75% - 100% of the time
sometimes	=	50% of the time
never	=	0% of the time

Activity	Often	Sometimes	Never
go shopping 	often	sometimes	never
play football 	often	sometimes	never
take photos 	often	sometimes	never
do exercise 	often	sometimes	never
play music 	often	sometimes	never

Often, sometimes or never?



Write often, sometimes or never to finish the sentences below about you.

often	=	75% - 100% of the time
sometimes	=	50% of the time
never	=	0% of the time

I _____ go shopping on Saturday.



I _____ go walking in the park.



I _____ go to the cinema at the weekend.



I _____ do exercise during the week.



I _____ do puzzles at home.



Find someone who...

 Walk around your class and ask people if they do the activities below.

 If the person answers, 'yes', write their name beside the activity. Put one name for each question. The first one is done for you.

Name	Activity
Jack	plays football with friends.
	goes shopping on Saturdays.
	plays music.
	goes fishing.
	plays chess.
	plays basketball with friends.
	goes cycling in the park.
	does puzzles.
	takes photos.
	plays computer games.

Irish sport: Hurling

Listen to your tutor read the text and read along.



Hurling is an Irish sport.

Two teams play in a game of hurling.

There are 15 players on each team.

The game is 70 minutes long. There is a break in the middle.

It is a very fast game.

The players use a wooden stick called a hurl.



The ball is called a sliotar.

Tipperary were the All-Ireland Hurling Champions in 2025.

True or False for hurling



Mark the sentences that are True with ✓ and the sentences that are False with X.

Use the text on page 26 to help you. The first one is done for you.

Sentence	True ✓ or False X
Hurling is an English sport.	X
Two teams play a game of hurling.	
The game is 70 minutes long.	
There is no break in the game.	
It is a very slow game.	
The stick is called a hurl.	
The ball is called a sliotar.	
Tipperary were the All-Ireland Hurling Champions in 2025.	

Jack's week



Jack is very busy. He does many activities in his free time.

Look at Jack's week below.

Day and time	Activity
Monday morning	Go to work
Monday evening	Do weights
Tuesday morning	Go swimming
Tuesday evening	Do art
Wednesday morning	Go cycling
Wednesday evening	Go to work
Thursday morning	Go walking
Thursday evening	Play football
Friday morning	Go to work
Friday evening	Play computer games
Saturday morning	Go shopping
Saturday evening	Go to the cinema
Sunday morning	Play hurling
Sunday evening	Go to work

Fill Jack's week



Fill the gaps in the sentences with the correct activity words.

Use the schedule on page 28 to help you.

On **Monday evening**, Jack does _____.

On **Tuesday morning**, Jack goes _____.

On **Wednesday evening**, Jack goes _____.

On **Thursday evening**, Jack plays _____.

On **Friday evening**, Jack plays _____.

On **Saturday evening**, Jack goes _____.

On **Sunday morning**, Jack plays _____.

True or False for Jack



Mark the sentences that are True with ✓ and the sentences that are False with X.

Use the schedule on page 28 to help you. The first one is done for you.

Sentence	True ✓ or False X
Jack does weights on Monday evening.	✓
Jack goes swimming on Tuesday morning.	
Jack goes walking on Wednesday evening.	
Jack plays football on Thursday evening.	
Jack does exercise on Friday morning.	
Jack plays computer games on Friday evening.	
Jack goes to the cinema on Saturday morning.	
Jack does puzzles on Sunday morning.	

In my free time



Fill in the gaps below about activities you do.

I love _____.

I like _____.

I do not really like _____.

I do not like _____.

I always _____ every week.

I often _____ during the week.

I sometimes _____ at the weekend.

Notes

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