



# FREE TIME





## Free-time

**The phrase "rest time", many believe that it is time to laze. Yes, rest at leisure is perfectly normal, but only sometimes. Free time also provides an opportunity to finish unfinished business. Spend your leisure time productively.**

**Hiking in the fresh air is very useful in a bad mood, severe stress, fatigue. A pleasant clean smell helps to relax, improve mood.**



**1. Go in for sports or just take a walk.**

LIVE  
COMMUNICATION IN  
A CLOSE CIRCLE IS  
MUCH MORE  
IMPORTANT, AND IT  
SHOULD NEVER BE  
NEGLECTED.  
STRENGTHEN TIES  
WITH FAMILY CAN  
ARRANGE A JOINT  
DINNER OR A HOME  
EVENT



2. Spend time with your family



IT IS POSSIBLE TO DISASSEMBLE THE CABINET. DECORATE THE ROOM. IT CAN BE AS PICTURES WHICH YOU WANTED TO HANG UP LONG AGO, AND CARDINAL CHANGE OF STYLE OF THE ROOM.

3. Make your home beautiful and cozy. Tidy up

IF YOU HAVE  
NO IDEA  
WHAT TO DO  
IN YOUR FREE  
TIME, YOU  
JUST NEED TO  
FIND A  
HOBBY.  
LISTEN TO  
YOURSELF:  
WHAT  
WOULD YOU  
LIKE TO DO?



4. Find your favorite activity

READING WILL  
EXPAND YOUR  
IMAGINATION  
AND  
VOCABULARY,  
OPEN UP NEW  
OPPORTUNITIES  
AND  
INTRODUCE  
YOU TO  
CULTURES YOU  
MAY NOT HAVE  
KNOWN  
BEFORE.



5. Spend time reading



**This is only part of the ideas, what you can do in your free time spending it usefully. Use your time wisely.**