

When Hobbies Stop Being Fun

Upper-intermediate (B2-C1)



WARM-UP

Part 1. Look at the list of hobbies below. Which ones do you do just because you enjoy them?

Listening to music	Cooking or baking	Walking	Exercising
Gaming	Drawing or writing	Watching videos	Something else

Choose one or two and say:

- when you do them
- why you enjoy them

Part 2. Read the four quotes below. Choose one that you connect with most and explain why.

"If it doesn't make money, is it still worth doing?"

"Rest should not feel like a reward."

"Not everything needs to be optimised."

"Doing something badly can still be enjoyable."



Part 3. Think about something you used to enjoy. Complete and explain:

- It used to feel fun when ...
- It started to feel different when ...
- Now it sometimes feels more like ...

(You can talk about pressure, improvement, comparison, money, or expectations.)

VIDEO ACTIVITY

Part 1. You're going to watch a video called "The grindification of hobbies." Before watching, discuss the following questions.

1. What do you think has changed about how people enjoy hobbies today?
2. Who do you think feels this pressure most?
3. What do you think caused this change?

Part 2. Watch the video.

Part 3. Discuss the following questions.

1. Which idea felt uncomfortable to hear?
2. Which part felt too accurate?
3. Did the video describe something you've experienced, or noticed in other people?

Part 4. Read the quotes from the video and discuss the questions.

"Our culture has made us feel like this recreation time is a waste unless it's building towards something bigger."

When have you felt this pressure in your free time? What were you doing?

"Everything has to have a trajectory, a purpose beyond just existing."

Do you think this mindset is motivating or exhausting? Why?

"The thing that made hobbies special was that you could be terrible at something and it didn't matter."

What is something you avoid doing because you're afraid of being bad at it?

"The act of documenting the hobby becomes more important than actually enjoying the hobby."

Do you think this has happened to you or someone you know? How?

"We live in a culture where rest feels irresponsible."

What advice would you give to someone who feels guilty when they rest?

VOCABULARY & SPEAKING

Part 1. Read the sentences from the video. Guess the meaning of the bold expression in each one.

1. You could experiment, **mess up**, try weird stuff, and there were no consequences.
2. The **experimentation phase** gets skipped entirely.
3. And then there's the **productivity guilt**.
4. We've made everything into a potential **side hustle**.
5. Sometimes the most radical thing you can do is just **enjoy something for the sake of enjoying**.

Part 2. Complete the sentences with your own ideas.

1. I don't like **messing up** when ...
2. I think the **experimentation phase** is important because ...
3. I feel **productivity guilt** when ...
4. A hobby that could easily become a **side hustle** is ...
5. I want to **enjoy** ... just **for the sake of enjoying it**.

Part 3. Choose one option and explain your choice.

Enjoyment	or	progress?
Private hobbies	or	sharing them online?
Being bad at something	or	improving quickly?
Free time without guilt	or	free time with a purpose?

REFLECTION

Complete the sentences with your own ideas.

1. One idea from the video that stayed with me is...
2. One hobby I want to enjoy without pressure is...
3. One habit I want to change around free time is...

