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LESSON





In this lesson, we shall learn about :

- The different means of recreation
- Importance of recreation

□ **New Words**

enjoyment, refreshed, recreation, knowledge, amusement

We need rest and enjoyment after tiresome work. We feel refreshed after rest and enjoyment. **Play** and **recreation** make us active again. There are different kinds of recreation.



Children enjoy playing games in a park. They skip, run, jump in the park. They play many games there. They play cricket, football, hockey etc. They do cycling also there. Playing is a good recreation.



□ **Remember**

Recreation makes us fresh and happy. It gives energy to work again.

Activity

Do you have a park in your neighbourhood ?
What games do you like to play there ?

Sometimes we play **indoor games** like carroms, ludo, chess etc. We also read stories. They give us both knowledge and amusement. Children like to read **stories** and **comics** as well. Reading is also a good habit.



Activity

Do you read comics ? If yes, which is your favourite character in them ?

We have fun and recreation with our family also.



We watch television.

We have a party. Sometimes we go for a picnic.



We celebrate festivals together. We dance and play.

Sometimes, there is a wedding in the family.



Sometimes, we go for shopping.



Sometimes, we go to the circus.



Sometimes, we go out to take food in a restaurant.



Sometimes, we go to a zoo.



Sometimes, we go to watch a magic show.



Sometimes, we watch a puppet show.

Activity

Find out two other places where you go with your family for fun and enjoyment.



Recreation is very necessary for us. Our body and mind feel active and fresh after recreation. Recreation makes our life happy and interesting. It is good for our health. Without recreation, our life will be dull and bore.

THINGS TO REMEMBER

1. We need rest and enjoyment after work.
2. Doing work all the time makes our life dull and bore.
3. Recreation makes our life happy and interesting.
4. Our body and mind feel active and fresh after recreation.
5. There are many kinds of recreations.



EXERCISE






A. Write 'True' or 'False':

1. We feel refreshed after rest and enjoyment. _____
2. Playing is not a good recreation. _____
3. Cricket is an indoor game. _____
4. Ludo is an indoor game. _____
5. Recreation is good for our health. _____

B. Fill in the blanks :

1. _____ makes us fresh and active.
2. We need some _____ after work.
3. Playing is a good _____
4. We feel _____ after playing games.
5. _____ is a good habit.

C. Match the following :

- | | | | | |
|----|---|---|---|----------------|
| 1. |  | • | • | Indoor game |
| 2. |  | • | • | Watch cartoons |
| 3. |  | • | • | Outdoor game |
| 4. |  | • | • | Celebrate |
| 5. |  | • | • | Funny stories |



D. Rearrange these activities in the order you prefer to enjoy them:

1. Playing cricket in the park (1) _____
2. Reading story books (2) _____
3. Going out for a movie (3) _____
4. Going on a friend's birthday party (4) _____
5. Singing and dancing (5) _____
6. Playing indoor games (6) _____

E. Answer the following questions :

1. What is recreation ?

2. Why do we need recreation ?

3. Why is reading books a good habit ?

4. Which is your favourite pastime with your family ?

5. Write the names of two indoor games.

Project / Activity

F. Name the games that are being played in these pictures :



1. _____
2. _____
3. _____
4. _____