

**□ PART – 1**

**□ COMPLETE PARAGRAPH-BY-PARAGRAPH  
TRANSLATION**

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**□ Paragraph 1: Recreation (What is Recreation?)**

**English:**

We get tired after doing work. So, we need to refresh ourselves. We refresh ourselves by having fun with our family and friends. Doing things for enjoyment is called recreation. Recreation helps us to relax our mind and feel happy.

**Hindi:**

काम करने के बाद हम थक जाते हैं। इसलिए हमें अपने आप को तरोताज़ा करना ज़रूरी होता है। हम अपने परिवार और दोस्तों के साथ मस्ती करके खुद को तरोताज़ा करते हैं। जो काम हम आनंद के लिए करते हैं, उसे मनोरंजन (Recreation) कहते हैं। मनोरंजन हमारे मन को शांत करता है और हमें खुश रखता है।

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**□ Paragraph 2: Importance of Recreation**

**English:**

All work and no play makes us dull. We need joyful and extra activities to refresh ourselves. Recreation keeps us active, fresh and happy.

**Hindi:**

अगर हम सिर्फ काम करें और खेल न करें तो हम सुस्त हो जाते हैं। इसलिए हमें अपने मन को तरोताज़ा करने के लिए खुशी देने वाली गतिविधियों की ज़रूरत होती है। मनोरंजन हमें सक्रिय, ताज़ा और खुश रखता है।

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**□ Paragraph 3: Methods of Recreation – Games**

**English:**

We play indoor and outdoor games for recreation. In the evening, we go to the children's park and play outdoor games like cricket and football. Sometimes, we also do skipping and cycling.

## **EVS – 2Chapter 14 : Recreation & Importance of Hobbies**

### **Hindi:**

हम मनोरंजन के लिए घर के अंदर और बाहर के खेल खेलते हैं। शाम को हम पार्क जाते हैं और क्रिकेट, फुटबॉल जैसे बाहरी खेल खेलते हैं। कभी-कभी हम रस्सी कूदते हैं और साइकिल भी चलाते हैं।

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### **□ Paragraph 4: Indoor Games**

#### **English:**

Sometimes, we play indoor games like computer games, ludo, snakes and ladders and carrom.

#### **Hindi:**

कभी-कभी हम घर के अंदर खेले जाने वाले खेल जैसे कंप्यूटर गेम, लूडो, सांप-सीढ़ी और कैरम खेलते हैं।

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### **□ Paragraph 5: Watching Cartoons and Stage Shows**

#### **English:**

We like watching cartoons and movies on television. Sometimes, we enjoy watching puppet shows, drama and Ramlila.

#### **Hindi:**

हमें टीवी पर कार्टून और फिल्मों देखना अच्छा लगता है। कभी-कभी हम कठपुतली का खेल, नाटक और रामलीला भी देखते हैं।

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### **□ Paragraph 6: Visits – Museum, Zoo and Circus**

#### **English:**

Sometimes, we go to the museum. We see many old and wonderful things there. We also go to the zoo to watch animals. We should not tease the animals. Sometimes, our parents take us to the circus. The clowns make us laugh.

#### **Hindi:**

कभी-कभी हम संग्रहालय जाते हैं जहाँ हमें बहुत-सी पुरानी और अद्भुत चीज़ें देखने को मिलती हैं। हम चिड़ियाघर भी जाते हैं और जानवरों को देखते हैं। हमें जानवरों को परेशान नहीं करना चाहिए। कभी-कभी हमारे माता-पिता हमें सर्कस ले जाते हैं। वहाँ जोकर हमें हँसाते हैं।

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### **□ Paragraph 7: Fair, Picnic and Trips**

## **EVS – 2Chapter 14 : Recreation & Importance of Hobbies**

### **English:**

We enjoy going to a fair. We have a lot of fun on swings. On holidays, we go for picnics. During summer vacation, we visit hill stations.

### **Hindi:**

हमें मेले में जाना अच्छा लगता है। झूलों पर बैठकर हम बहुत मज़ा करते हैं। छुट्टियों में हम पिकनिक पर जाते हैं। गर्मी की छुट्टियों में हम पहाड़ी स्थानों पर घूमने जाते हैं।

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### **□ Paragraph 8: Family Celebrations**

#### **English:**

We celebrate birthdays and weddings with our family members. We wear new clothes, eat tasty food and feel very happy.

#### **Hindi:**

हम अपने परिवार के साथ जन्मदिन और शादियाँ मनाते हैं। हम नए कपड़े पहनते हैं, स्वादिष्ट भोजन करते हैं और बहुत खुश रहते हैं।

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### **□ Paragraph 9: Hobbies**

#### **English:**

Hobbies are activities done for pleasure during free time. Different people have different hobbies. Hobbies can be indoor as well as outdoor.

#### **Hindi:**

शौक वे गतिविधियाँ हैं जो हम अपने खाली समय में खुशी के लिए करते हैं। अलग-अलग लोगों के अलग-अलग शौक होते हैं। शौक घर के अंदर और बाहर दोनों हो सकते हैं।

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### **□ Paragraph 10: Examples of Hobbies**

#### **English:**

Some common hobbies are painting, paper crafting, photography, music and dance, singing, swimming, gymnastics, listening to music, stamp collection and gardening.

#### **Hindi:**

कुछ सामान्य शौक हैं – चित्र बनाना, कागज़ से चीज़ें बनाना, फोटोग्राफी, संगीत और नृत्य, गाना, तैराकी, जिमनास्टिक, संगीत सुनना, टिकट इकट्ठा करना और बागवानी।

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**□ PART – 2**

**☒ All Questions – Answers**

**Q1. What is recreation?**

**Ans:** Recreation means doing enjoyable activities to relax our mind.

**उत्तर:**

मन को आराम देने वाली गतिविधियों को मनोरंजन कहते हैं।

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**Q2. What is a hobby?**

**Ans:** A hobby is an activity done in free time for pleasure.

**उत्तर:**

शौक वह काम है जो हम खाली समय में खुशी के लिए करते हैं।

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**Q3. Name two indoor games.**

**Ans:** Ludo, Carrom.

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**Q4. Name two outdoor games.**

**Ans:** Cricket, Football.

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**Q5. Why should we not tease animals in the zoo?**

**Ans:** Because it is wrong and animals may get hurt.

**उत्तर:**

क्योंकि यह गलत है और जानवरों को चोट लग सकती है।

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### ☐ PART – 3

#### ✓Objective (MCQ) with Correct Options

1. A place where we see many animals is  
☐ **Zoo ✓**
  2. Recreation makes us feel  
☐ **Fresh ✓**
  3. Clowns make us laugh in a  
☐ **Circus ✓**
  4. We should not tease animals in the  
☐ **Zoo ✓**
- 

### ☐ PART – 4

#### ✎Fill in the Blanks

1. We enjoy going to a **fair**.
  2. Hobbies and **recreation** relax us.
  3. Old things are seen in the **museum**.
  4. We should not tease animals in the **zoo**.
  5. **Clowns** make us laugh.
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### ☐ PART – 5

#### ☐ Match the Following

##### Column A

Recreation

Cricket

Swimming

Ludo

##### Column B

Fresh

Outdoor

Outdoor

Indoor

## ☐ **PART – 6**

### ☐ **Activities (For Students)**

1. Paste pictures of outdoor games.
2. Paste photos of a birthday party and wedding.
3. Draw your favourite hobby.

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### ☐ **Life Skills Answer**

**Useful hobbies:**

Reading books, painting, gardening, playing outdoor games, music.

2. A place where we can see a number of animals is a .....  
 (a) garden ☐ (b) park ☐ (c) zoo ☐
3. Recreation makes us feel .....  
 (a) fresh ☐ (b) tired ☐ (c) sad ☐
4. Clowns in a ..... make us laugh.  
 (a) garden ☐ (b) zoo ☐ (c) circus ☐

**B. Answer the following questions.**

1. What do you understand by the term 'hobby'?
2. Give two ways in which you relax after working.
3. Which place can you go for a visit?
4. Name some hobbies that help you relaxing.



**C. Fill in the blanks with appropriate words.**

museum fair recreation zoo clowns

1. We enjoy going to a .....
2. Hobbies and ..... relax us.
3. We see a number of old and wonderful things in the .....
4. We should not tease the animals in the .....
5. The ..... make us laugh in a circus.

**D. Match the following.**

**Column A**

1. Recreation
2. Cricket
3. Swimming
4. Ludo

**Column B**

- (a) Outdoor
- (b) Indoor
- (c) Fresh
- (d) Hobby



**Creative Thinking**

- E. Collect pictures of various outdoor games like cricket, hockey, tennis and paste them into your scrapbook.
- F. Collect photographs of a birthday party and a wedding and paste them into your scrapbook.



**Life Skills**

Some children use all their free time in sleeping, chatting or watching cartoon shows on television. Can you suggest some useful hobbies to them?



# IMPORTANCE OF HOBBIES & RECREATION

## Help us to Relax

Dr Trehan is a doctor. When he gets tired, he shuts his eyes and listens to music. It makes him feel relaxed.



## Make us Happy

Ananya has a sweet voice. She feels very happy when she sings. She won Indian Idol Junior. She set an example for girls.

Indian Idol Junior

## Keep us Occupied in our Free Time

Rocky was a very naughty boy. His mother bought some storybooks for him. He enjoyed reading those books. After some time reading became his hobby. Now, he stands first in his class.



## Fact Bite

- Hobbies divert our mind from tiredness of routine works.
- Viswanathan Anand was the first Indian to win the World Junior Chess Championship. At the age of 18, he became India's first Grandmaster of chess. In 2007, he won the World Chess Championship.



## Recap Shot



## Word Zone

- |          |   |                     |
|----------|---|---------------------|
| acrobats | - | gymnasts            |
| stunts   | - | dangerous act       |
| clown    | - | joker, comic person |

- We have fun with our family and friends to refresh ourselves.
- Recreation helps us to relax.
- Recreation is done by playing games, reading story-books etc.
- Hobbies are activities carried out in free time.
- Different people have different hobbies.

## Explore Your Knowledge



## Get Ready to Answer

A. Tick (✓) the right answer.

1. We should not ..... the animals in the zoo.

(a) tease

☐

(b) see

☐

(c) know

☐



## Family Celebrations

We like meeting our relatives at birthday parties and weddings. We wear new dresses.

We eat lots of tasty food.

Every one feels very

happy. Sometimes, we have a family get-together. All uncles, aunts and cousins come over. We have a great time. We enjoy with our family members at such functions.



A birthday party



A wedding celebration

## HOBBIES

Two activities I like to do the most in my free time are painting and singing.

My mother told me that these activities are my hobbies.



Hello! I am Saniya.  
Let me tell you  
about my hobbies.



### Fact Bite

Hobbies are activities done for pleasure during free time.

## Types of Hobbies

Hobbies are of many kinds. People can have one or more hobbies.

Hobbies can be done indoors as well as outdoors. Hobbies are related to someone's interests. Different people have different hobbies.

## Some common hobbies



Painting



Paper crafting



Photography



Music and dance



Singing



Swimming



Gymnastics



Listening to music



Stamp collection



Gardening



## Watching Cartoons and Movies

We like to watch cartoon, movies on the television.

## Watching Stage Shows

Sometimes, we enjoy watching a puppet show, drama, Ramlila etc.



A puppet show

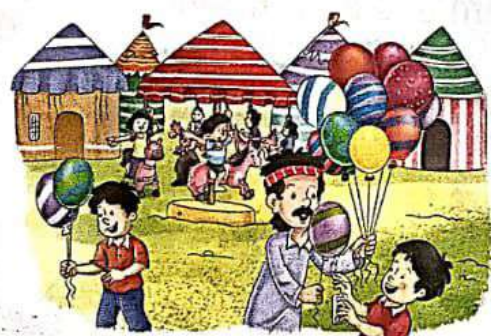
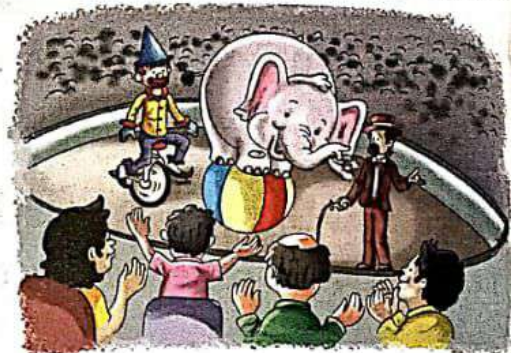
## Visits

Sometimes, we go to the museum. We see a number of old and wonderful things in the museum.

We also go to the zoo. We enjoy watching the animals there. We should not tease the animals in the zoo.



Sometimes, our parents take us to the circus. We really enjoy watching animals and circus acrobats doing exciting stunts. The clowns make us laugh.



We enjoy going to a fair. We have a lot of fun on the swings.



**Think Tank**  
How recreation helps us in relaxing our mind?

## Wise Talk

Our elders tell us interesting bedtime stories. We should respect them and learn from them.

## Trips and Tours

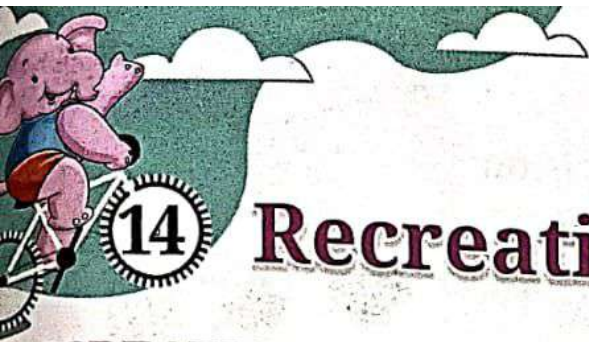
On holidays, we go for a picnic. We play in the open and have a lot of fun.



During summer vacation, we go to a hill station to enjoy ourselves.







14

# Recreation



## RECREATION

We get tired after work. So, we need to refresh ourselves. We do this by having fun with our family and friends.



All work and no play makes us dull.



We need some joyful and extra activities to do to refresh ourselves.

We have fun when we do things for enjoyment. This is called recreation. It helps us to relax our mind. We feel happy while doing things we like.

## METHODS OF RECREATION

There are so many ways of recreation. Some of them are as follows :

### Games

We play some outdoor or indoor games for recreation.

In the evening, we go to the children's park and play outdoor games like cricket or football etc. Sometimes, we go for skipping and cycling.

Sometimes, we play indoor games like computer games, snakes and ladders, ludo and carrom.



Skipping



Cycling



Computer games



Ludo, snakes and ladders

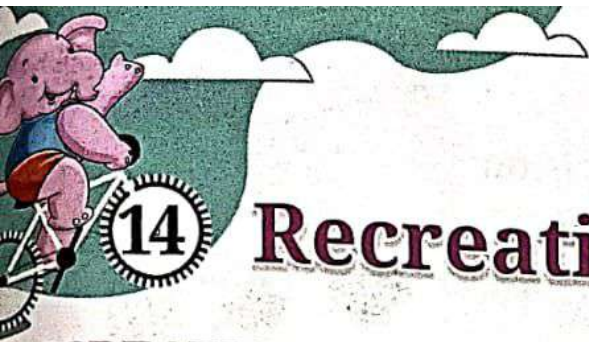


Carrom



Watching television





14

# Recreation



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Cycling



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Ludo, snakes and ladders



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Watching television