



### FREE TIME & RELAXING PHRASAL VERBS

1. **Take up** : To start or begin a new hobby or activity.

- I'm not very good at tennis – I only took it up recently.
- I decided to take up painting during the lockdown.

2. **Live for** : To derive great enjoyment or purpose from something.

- She lives for adventurous travel experiences.
- I live for those quiet moments with a good book.

3. **Get into** : To become interested or involved in something.

- He got into photography after buying his first camera.
- I'm thinking about getting into gardening this spring.

4. **Get back into** : To resume an activity or interest after a period of absence.

- After years, she decided to get back into playing the piano.
- I'm planning to get back into running after the injury heals.

5. **Keep at** : To persist or continue with an effort or activity.

- It's hard at first, but if she keeps at it, she'll start to love it.
- He kept at his studies despite the challenges.





## Quick Smart English

6. **Work toward** : To make efforts and progress in the direction of a goal.

- I'm working toward improving my fitness level.
- They are working toward creating a more sustainable lifestyle.

7. **Pick up** : To learn a new skill or language by practising it rather than being taught it.

- Don't worry too much about memorising all the dance steps right now; you'll pick them up after a few practices.
- Can you believe she picked up Spanish in just a few months?

8. **Chill out** : To relax or take it easy.

- After a hectic day, I just want to chill out with some music.
- Let's chill out at the park and enjoy the sunshine.

9. **Wind down** : To relax or reduce stress, especially at the end of the day.

- I need some time to wind down after a stressful meeting.
- Reading a book helps me wind down before bedtime.

10. **Laze about** : To be lazy or relax without doing much.

- Sundays are perfect for lazing around in pyjamas..
- We spent the whole afternoon lazing about in the hammock.





## Quick Smart English

**11. Sit around :** To be idle or spend time doing nothing.

- We can't just sit around; we need to do something productive.
- Stop sitting around and help with the chores.

**12. Curl up :** To sit or lie in a comfortable, curved position.

- I like to curl up with a blanket and read on rainy days.
- The cat curled up on the windowsill for a nap.

**13. Chill out :** To relax or take it easy.

- I'm just chilling out in front of the TV.
- Chill out, Mum. The train doesn't leave for another hour!

**14. Loosen up :** To relax or become less tense.

- A gin and tonic will loosen you up.
- After the yoga session, I felt my body loosen up.

**15. Hang out :** To spend time socialising or relaxing.

- We like to hang out at the park on weekends.
- Let's hang out at the pub after work.

**16. Come along:** To accompany or join someone on a journey or activity.

- I'm going to the beach. Do you want to come along?
- He invited me to the concert, and I decided to come along.





## Quick Smart English

**17. Stay in :** To remain at home instead of going out.

- I'm tired tonight; I'll stay in and watch a movie.
- Let's stay in and cook dinner together.

**18. Stay out :** To remain away from home or a specific place.

- She decided to stay out late at the party.
- Don't stay out too long; it's getting late.

**19. Liven up :** To become more lively or animated.

- The party needs some music to liven up.
- Let's add some colourful decorations to liven up the room.

**20. Get together :** To meet or gather with people.

- We should get together for coffee sometime.
- Let's get together for a game night this weekend.

