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6 Minute English Shadowing Practice – Talk About Your Hobbies | Slow English Podcast

Do you sometimes feel nervous when someone asks you,

“What are your hobbies?”

Many English learners know the words reading, music, or football, but when they try to answer, they stop, they translate in their head, and they lose confidence.

In this episode, we will practice together step by step. You will learn simple and natural sentences to talk about your hobbies. You will also practice shadowing with me, so you can improve your fluency and speak with confidence.

So, let us get started.

Let us begin with some common hobbies.

You can say:

“I like reading books.”

“I enjoy listening to music.”

“I love playing football.”

“I often watch movies in my free time.”

Repeat with me:

“I like reading books.”

“I enjoy listening to music.”

“I love playing football.”

“I often watch movies in my free time.”

This is shadowing. Listen and repeat with me. It will help you speak faster and more naturally.

Now, let us add more details. Instead of only saying I like reading books, you can say:

“I like reading books, especially novels.”

“I enjoy listening to music, especially pop songs.”

“I love playing football with my friends every weekend.”

“I often watch movies, especially action films.”

Repeat again:

“I like reading books, especially novels.”

“I enjoy listening to music, especially pop songs.”

“I love playing football with my friends every weekend.”

“I often watch movies, especially action films.”

Now, let us talk about when and where you do your hobbies.

You can use expressions like in the morning, on the weekend, or after school.

For example:

“I usually read books in the evening before bed.”

“I listen to music when I walk to school.”

“I play football on Saturday afternoon.”

“I watch movies on the weekend.”

Repeat with me:

“I usually read books in the evening before bed.”

“I listen to music when I walk to school.”

“I play football on Saturday afternoon.”

“I watch movies on the weekend.”

You can also say where you do your hobby:

“I read books in my room.”

“I listen to music on the bus.”

“I play football in the park.”

“I watch movies at home with my family.”

Repeat again:

“I read books in my room.”

“I listen to music on the bus.”

“I play football in the park.”

“I watch movies at home with my family.”

When you talk about hobbies, you can use words like like, love, enjoy, and prefer.

For example:

“I like reading books.”

“I love playing football.”

“I enjoy listening to music.”

“I prefer watching movies to playing games.”

Repeat with me:

“I like reading books.”

“I love playing football.”

“I enjoy listening to music.”

“I prefer watching movies to playing games.”

You can also use really or very much to make your sentence stronger:

“I really like drawing.”

“I love swimming very much.”

“I enjoy cooking with my family.”

Repeat again:

“I really like drawing.”

“I love swimming very much.”

“I enjoy cooking with my family.”

When you talk to someone, you can ask:

“What are your hobbies?”

“What do you like doing in your free time?”

“Do you enjoy playing sports?”

“Do you like reading or watching movies?”

Now let us practice answers.

For example:

“My hobby is painting.”

“I like listening to music in the evening.”

“Yes, I enjoy playing football with my friends.”

“No, I do not like cooking, but I like eating.”

Repeat with me:

“My hobby is painting.”

“I like listening to music in the evening.”

“Yes, I enjoy playing football with my friends.”

“No, I do not like cooking, but I like eating.”

When you answer, try to add a little more detail.

For example:

“I love reading novels, especially adventure stories.”

“I enjoy gardening because it makes me feel relaxed.”

“I like taking photos when I travel.”

Repeat:

“I love reading novels, especially adventure stories.”

“I enjoy gardening because it makes me feel relaxed.”

“I like taking photos when I travel.”

When you talk about hobbies, do not stop at one sentence. Add more details to keep the conversation alive.

For example:

“I like playing football. I usually play every Saturday with my friends at the park.”

“I enjoy cooking. I try new recipes from different countries, like Italian pasta or Indian curry.”

“I love music. I play the guitar, and sometimes I sing with my friends.”

Repeat with me:

“I like playing football. I usually play every Saturday with my friends at the park.”

“I enjoy cooking. I try new recipes from different countries.”

“I love music. I play the guitar, and sometimes I sing with my friends.”

You can also connect hobbies with your feelings. For example:

“Reading helps me relax after work.”

“Running makes me feel healthy and strong.”

“Drawing gives me peace of mind.”

Repeat:

“Reading helps me relax after work.”

“Running makes me feel healthy and strong.”

“Drawing gives me peace of mind.”

Adding these small details makes your English sound natural and interesting.

Now, let me give you some simple tips to practice English while talking about your hobbies.

Think in English when you do your hobby.

For example, if you like cooking, say in English:

“Now I cut the vegetables.”

“I add salt and pepper.”

“I cook the pasta for ten minutes.”

Use a notebook.

Write three to five sentences every day about your hobby.

Example:

“Today I played basketball.”

“I scored two points.”

“It was very fun.”

Practice shadowing.

Listen to this podcast again and repeat the sentences with me.

Shadowing will help you speak faster and more naturally.

Record yourself.

Speak about your hobby for one or two minutes. Then listen to your recording.

You will notice your mistakes, and you will improve step by step.

Great job! You have just practiced talking about hobbies in English. Shadowing will help you sound more natural and confident.

Remember: listen again, repeat with me, and try to add your own sentences. Step by step, your English will improve.

For more practice, visit [Speakdom.com](https://www.speakdom.com). The link is in the description.

Thank you for listening! Do not forget to subscribe and share this with your friends. See you in the next episode!