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Casual leisure is the most important time of the day and it needs to be spent correctly. In free time, people should engage in self-development, hobbies, sports, entertainment, and recreation.

For example, my cousin. She is seriously doing figure skating. She goes to the gym every day after university. She really works hard on herself, her dream is to become an Olympic champion. All day she spends on the ice and she is very tired and when she has free time she starts reading. I respect her, it's really cool.

Many people in their free time just lie down and do nothing. I think that this isn't right because a person should always work on himself/herself, especially in their free time. In your free time you shouldn't be lazy it is necessary to combine leisure with useful.

For example, my friend after work he has does nothing all day. he just lies down and listens to music. He thinks that in free time a man should simply for a holiday. I don't understand him after work he has a lot of free time and he can do a lot of different things, but he doesn't want. He thinks that his free time is specifically to do nothing. He always says, " - rest, just rest". I don't like that he is so boring.

As for me on weekdays after university I go to the library to do my homework then I read an interesting book after I read a few chapters I start doing my English assignments. I read stories in English to discuss them with myself for practice. When I go home, I listen to music and start dreaming.

At home, I spend my free time with my family. In the evening, when we are having dinner, at the table we tell each other different stories or how the day was sometimes we play bingo or watch TV together.

On weekends my cousin comes to visit me, we go to the gym together there we swim, play ping-pong and dance. After the gym, sometimes we go for a walk in the center and have fun.

Finally, in my opinion, you need to spend your free time usefully. People should strive for development.