

ใบความรู้ที่ 1 เรื่อง Recreation Activities  
หน่วยการเรียนรู้ที่ 2 เรื่อง Health & Wellness  
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## Recreational Activities to Keep You Fresh, Inspired & Creative

FREELANCING, GUEST ARTICLES

This article was contributed by Alastair Brian.



### Fishing

Sitting by a beautiful river , having a picnic with your family or partner and waiting to fish is a great experience.



### Traveling around your city

Traveling provides a fantastic chance for you to learn many new experiences. While you are traveling, you might often meet people who become your good friends. So, plan a tour to explore the exotic places with your friends or family and find the calmness.



### Cycling the streets and valley

Riding a bike is healthy, fun , relaxing , helping and preventing you from serious diseases such as heart attack or cancers. Cycling through the streets or adventuring to the nearest valley can cut yourself free from the pains and relax your mind.



### Visiting amusement parks

An amusement park is a hub of entertainment and recreation. There are the roller coasters if you love speed or any thrilling experience , watch the amusing shows and enjoy as much as you can



### Photography

Grab your camera or mobile phone, select a nice cloth and go out. Try photographing barns, cute little puppies and birds, and other things that may interest you. Try your skills and share them with family and friends.