## موضوع تعبير عن هوايتي المفضلة بالإنجليزي قصير

تعرف الهواية المفضلة على أنّها نشاط منتظم يقوم به الفرد لملأ أوقات فراغه، وللترفيه عن نفسه، فعندما يقوم الإنسان بأداء شيء نابع من قلبه فإنّه يجد في عمله الراحة والكثير من الفرح، والهواية التي يمارسها الشخص لا تكون فرض عليه وإنّما هي دافع شخصي لتفريغ طاقاته واكتساب المزيد من المهارات التي تمنحه الرضا والسعادة.

### المقدمة

A hobby is everything that occupies the mind and has the desire to do it in free time, and it works to empty energies and feel better feelings, and every person has a specific hobby that he likes to spend his time performing, some people like photography, others like cooking, and some like practicing sports Of all kinds, everyone is different in their hobbies and preferences for the fun things they spend their time in.

### العرض

Since all these hobbies accrue to the individual with many benefits that reflect positively on his mental and physical health, the practice of a favorite hobby prompts the person to devote sufficient time to himself, and helps him to break the daily routine stuck in it, in addition to reducing stress, depression and bad mood, and developing energies Creativity, as well as improving physical health if the hobby is related to that, such as walking or dancing. Not only that, but it also gives him more skills and experiences that give him more self-confidence, and new motives to develop himself and prove himself in the surrounding community.

### الخاتمة

Each one of us has something that he likes, there are many who like drawing or photography, and some of them like reading and writing, and others find themselves playing musical instruments, and each of them has its own character and its own aesthetic, which the person imparts with his creativity and distinctive ideas.